

Open Educational College

Ishraq Abdulredha Alsandeli

عقدة النقص

اشراق عبد الرضا الصندلي

الكلية التربوية المفتوحة

Inferiority Complex

Keywords: defeat, faith, inferiority, insecurity, malady, powers

All around the world you come across people who are profoundly afraid, who shrink from life, who are beset by a deep sense of inadequacy and insecurity, and who have doubts about their own powers. Deep within themselves they mistrust their ability to meet responsibilities or to grasp opportunities. They are haunted by the sinister expectations and fear that something is not going to be quite right. They attempt to make themselves satisfied with something less than what they are capable of because they do not think they have what it takes to be what they want to be. And in most cases such frustration of power is unnecessary.

The way we think shapes how secure or insecure we feel. If we constantly focus attention on the dark possibilities of terrible things that might occur, the result would be a constant sense of unease. In a sense there may be such a thing as the breaks in this life, but there is also a spirit and method by which we can control and even determine those breaks. People should not let themselves be defeated by the everyday problems of life, and difficulties of human existence; it is also unwise to do so and quite unnecessary. This is not to ignore or minimize the hardships and challenges in life, but people need not allow them to dominate their thoughts.

To compensate for something that you lack, for example, money, profession, or education, and to make yourself equal with others in your social background, you might do things just to satisfy people and prove that you are not inferior. That way, you will look on the empty half of the glass because while you think that

you lack specific things others have, others may also lack those things you already have.

The inferiority complex is attributed to emotional violence we experience as children, or some environmental factors, or something we did to ourselves.

To get a peace of mind and live a happy life, and to modify or change the circumstances in which you live is to learn practical methods and formulas. It is to have control over circumstances not to be driven by them. You can overcome challenges and obstacles which normally might defeat you if you learn and apply a system of simple procedures. The system of those effective principles revolves around learning how to cast obstacles from the mind, refusing to succumb to them, and channeling spiritual power through your thoughts.

The setbacks of life and the accumulation of difficulties, tend to sap energy and leave you spent and discouraged. In such a condition the true status of your power is often obscured, and a person yields to a discouragement that is not justified by the facts. It is crucially necessary to reassess your personality assets. This assessment will convince you that you are not as defeated as you believe you are if you approach it with a rational mindset.

You should have this mental attitude: believe in yourself, have faith in your abilities. Without a reasonable confidence in your own powers you cannot be successful or happy. Your hopes cannot be realized if you feel inadequate or inferior, but self-confidence promotes self-realization and effective achievement. By this mental attitude, you will release your inner powers. To build up confidence ideas is to re-educate the mind and make of it a power-producing plant. You can develop faith in yourself through developing faith in God, that God will help you and stand by you. Faith in God will give you a realistic faith in yourself. You should believe in this principle 'If you do not succeed, tomorrow is another day.'

The first step to rise above feelings of inferiority is to figure out the reasons for lack of confidence, then comes the next step of developing confidence through learning, teaching, and instructing. The malady can be cured by enhancing feelings of importance inside the sufferers, letting them feel that they are important and well-liked individuals. They will behave well if they are well-esteemed in their social background. So, the enhancement of self-confidence will also help to improve the sufferers' social relations. It is all about thinking differently to change the pattern of thought from negative to positive.

a very important statement made by the famous psychiatrist Dr. Karl Menninger says, "Attitudes are more important than facts." Any fact facing us,

no matter how difficult or even seemingly hopeless, is not so important as our attitude toward that fact. How you think about a fact may defeat you before you ever take any action about it. Before dealing with a fact effectively, you may let it overwhelm you mentally. On the other hand, a confident and optimistic thought pattern can modify or overcome the fact altogether.

Written by

Assistant Lecturer: Ishraq Abdulredha Ahmed Alsandeli

Source:

Peale, N., V. (1980). *The Power of Positive Thinking*. New York: Simon & Schuster, Inc.

Researcher name: Ishraq Abdulredha Alsandeli

Workplace: Open Educational College