

Adlerians on courage and encouragement

Compiled by Wes Wingett PhD

Courage, an optimistic attitude, common sense, and the feeling of being at home upon the crust of the earth, will enable (us) to face advantages and disadvantages with equal firmness. Alfred Adler (Adler, 1930a)

Courage is important. It means to be cooperative. In cooperation you will always feel as if you are a part of the whole. You will feel like you are at home on the planet earth. You will have courage and will not look only for advantages in life, but you will find pleasure in solving life's difficulties. We must look to the future of the human race. We must train our children to take up their burdens with courage. They must not be discouraged. They must compete and work in a cooperative manner. Alfred Adler (Stone & Drescher, 2004)

Courage alone permits the full utilization of our inner resources...it is the embodiment of self-confidence. It stems from our faith in our own ability. Rudolf Dreikurs (Beames, 1992)

To encourage is to promote and activate the social interest, that is, the sense of belonging, value, worthwhileness, and welcome in the human community. (Powers and Griffith, 1987)

Families can be an important source of encouragement. Eckstein, Belongia, & Elliot-Applegate, 2000

Encouragement communicates trust, respect, and belief. Eckstein, Belongia, & Elliot-Applegate, 2000

Encouragement communicates caring and movement toward others (love); conversely, discouragement often results in lowered self-esteem and alienation from other family members (fear). Eckstein, Belongia, & Elliot-Applegate, 2000

Encouraging families have the ability to perceive a spark of divinity in others and then to act as a mirror that reflects that goodness to them. Eckstein, Belongia, & Elliot-Applegate, 2000

References:

Adler, A. (1930a). *The education of children*. London, England: George Allen & Unwin. (Original work published 1957).

Beames, T.B. (1992). *A student's glossary of Adlerian terminology* (2nd ed.) Ladysmith, Canada: Photon Communications.

Eckstein, D., Belongia, M., & Elliot-Applegate, G. (2000). The four directions of encouragement within families. *The Family Journal*, 8, 406-415. DOI: 10.1177/1066480700084015

Powers, R. L., & Griffith, J. (1987). *An Adlerian lexicon – fifty nine terms associated with the Individual Psychology of Alfred Adler*. Chicago, IL: The Americas Institute of Adlerian Studies, Ltd.

Stone, M.H. & Drescher, K.A. (2004). *Adler speaks – the lectures of Alfred Adler*. Lincoln, NE: iUniverse, Inc.