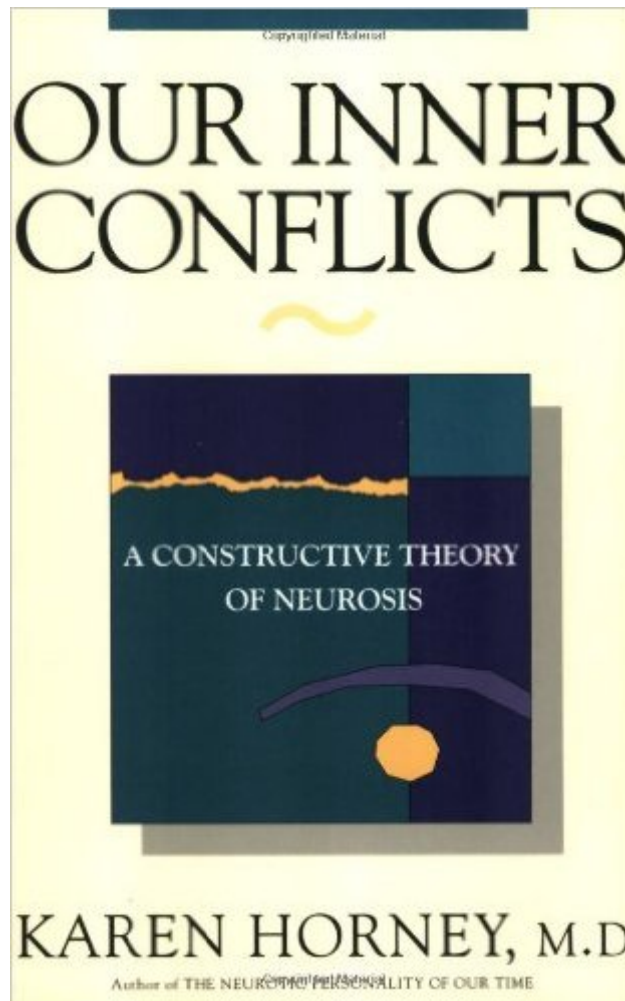


The book was found

Our Inner Conflicts: A Constructive Theory Of Neurosis



Synopsis

Here Karen Horney develops a dynamic theory of neurosis centered on the basic conflict among attitudes of "moving forward" "moving against," and "moving away from" people. Unlike Freud, Horney does not regard neurosis as rooted in instinct. In her words, her theory is constructive because "it allows us for the first time to tackle and resolve neurotic hopelessness. . . . Neurotic conflicts cannot be resolved by rational decision. . . . But [they] can be resolved by changing the conditions within the personality that brought them into being."

Book Information

Paperback: 250 pages

Publisher: W. W. Norton & Company; Reissue ed. edition (October 17, 1992)

Language: English

ISBN-10: 0393309401

ISBN-13: 978-0393309409

Product Dimensions: 5.6 x 0.7 x 8.3 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (20 customer reviews)

Best Sellers Rank: #69,460 in Books (See Top 100 in Books) #40 in [Books > Medical Books > Psychology > Movements > Behaviorism](#) #62 in [Books > Science & Math > Behavioral Sciences > Behavioral Psychology](#) #158 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Psychiatry](#)

Customer Reviews

As I understand it, the theory presented in this book runs as follows: There's a gap between our actual self and the image we have of our self (our idealized self) which causes an inner conflict which we tend to deny and make unconscious, but then shows its presence through symptoms (anxiety, unhappiness, health issues etc). The conflict is channeled into three types of personalities (Chap 3-5): Those who move towards, against or away from people. Those who move towards people tend to be compliant and want people to like them (pleasers, etc). Those who move against people tend to be aggressive, detest any sign of weakness and believe in the law of the jungle. Those who move away from people detach and seek for a form of self-sufficiency and to live in some kind of ivory tower with a "Do-Not-Disturb" sign on their doors. "Where the compliant looks at his fellow man with the silent question, 'Will he like me?' - and the aggressive type wants to know, 'How strong an adversary is he?' or 'Can he be useful to me?' - the detached person's first concern

is 'Will he interfere with me? Will he want to influence me or will he leave me alone?' (pg 80). All three types are considered neurotic due to their rigidity and compulsiveness. A healthier person can flexibly give and receive love, stand up for himself when needed and withdraw at times for needed rest and reflection. All three types also employ a variety of defenses to deal with this interior conflict. Completely repress the actual self and identify fully with the idealized self (Chap 6). Externalize the conflict (Chap 7 fully devoted to this).

[Download to continue reading...](#)

Our Inner Conflicts: A Constructive Theory of Neurosis Marriage: How To Rescue Your Marriage: Proven Advice To Help Overcome Conflicts And Save Your Marriage Forever (Marriage Help, Marriage Advice, Overcome Conflicts, Marriage Book) Integral Theory in Action: Applied, Theoretical, and Constructive Perspectives on the AQAL Model (SUNY series in Integral Theory) House of Psychotic Women: An Autobiographical Topography of Female Neurosis in Horror and Exploitation Films Human Experience: Philosophy, Neurosis, and the Elements of Everyday Life (Sunny Series in Contemporary Continental Philosophy) Smart Ways To Spend Your Time: The Constructive Use of Time Assets (The Adding Assets Series for Kids) Power Through Constructive Thinking (Plus) Essays in Constructive Mathematics Inner Peace: Stepping into Serenity to Find Peace of Mind (Inner Peace and Happiness, Peace of Mind Book 1) Recovery of Your Inner Child: The Highly Acclaimed Method for Liberating Your Inner Self Inner Bonding: Becoming a Loving Adult to Your Inner Child Codependency Recovery: Wounded Souls Dancing in The Light: Book 1: Empowerment, Freedom, and Inner Peace through Inner Child Healing The Cult of the Amateur: How blogs, MySpace, YouTube, and the rest of today's user-generated media are destroying our economy, our culture, and our values Our Story: 77 Hours That Tested Our Friendship and Our Faith Modified: GMOs and the Threat to Our Food, Our Land, Our Future Vaccine Epidemic: How Corporate Greed, Biased Science, and Coercive Government Threaten Our Human Rights, Our Health, and Our Children The Story of Stuff: How Our Obsession with Stuff Is Trashing the Planet, Our Communities, and Our Health-and a Vision for Change Solar, Wind and Land: Conflicts in Renewable Energy Development Religious Freedom and Gay Rights: Emerging Conflicts in the United States and Europe Conflict Revolution: Designing Preventative Solutions for Chronic Social, Economic and Political Conflicts

[Dmca](#)