

# Why I'm an Adlerian

*Efrem Feld\**

Nowadays, I'm an Adlerian. And the reason is Freud. Understanding him is like working all day to put a jigsaw puzzle together. There are some pieces that just won't fit.

According to Freud, our personality is made up of three parts: The Id, the Ego, and the Super-Ego. Now with the help of a little Latin, we can explain them. To start with, ID is Latin for IT. Remember the "IT GIRL," a movie that was popular years ago? It's about a sexy gal called Clara Bow. Anyway, after Freud saw the movie, he decided that the ID would become a sex symbol. Ego—that's Latin for I. "I" is "you"—just plain, ordinary you. And finally there's Super-Ego. Super is Latin for above. And what is above "you"? Watching over you, sometimes even yelling at you, or punishing you? Parents, of course.

Well, when you start growing, these three—the Id, Ego, and Super-Ego have a real knock-down and drag-em-out battle. You never dreamed anything like it. They throw death wishes at each other. Super-Ego, who is a friend of old Oedipus asks him to castrate the other two while the Id gets his side-kick, Libido, to retaliate. It's real scary, worse than the "Exorcist."

Finally the fight is over. What's important is the outcome.

If the Id wins, you're going to be a real sex symbol. You'll have the boys or girls chasing you day and night, mostly at night. If Super-Ego wins, it's going to be rough. You'll be a mama's kid for the rest of your life. But if Ego wins, then everything will turn out O.K. You'll be regular—outgoing and happy. Oedipus takes a back seat and Libido stays around to help out.

Well, you see what I mean. Nowadays I'm an Adlerian and the reason is Freud.

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