

## CONTENTS

---

Introduction	5
1 How we become ourselves: On self-construction in individual psychology and ethics	7
1.1 Conceptualization of a person in terms of Adlerian ethics – lifestyle	7
1.2 The individual as the picture and the artist – the artist of his own personality	13
1.2.1 Choosing the self – a fundamental life choice	14
1.2.2 Creative power and construction of lifestyle	16
1.3 In search of our own place in the social world	20
1.3.1 From inferiority to social interest	21
1.3.2 The tasks of life as challenges for the individual	23
1.4 On moral self-construction	32
1.4.1 Moral convictions as subjective fictions and behavior	32
1.4.2 From conscience to moral superiority	35
1.4.3 In search of self-worth and to be worthy to others	39
2 At the beginning of the journey of finding self: Towards sources of self-construction in the family	41
2.1 How to belong and find place? Family as the first testing ground	41
2.2 Lifestyle formation within a formative social field	43
2.3 Construction of self in family constellations	46
2.3.1 Family constellation as a significant factor in lifestyle formation	46
2.3.2 Birth order	48
2.3.3 Birth order in the light of research	54
2.3.3.1 Research on only children	54
2.3.3.2 Lifestyle and birth order	57
2.3.3.3 Couple relationships and birth order	63

2.3.3.4 Birth order and risky behavior	64
2.3.3.5 Birth order and career preferences	66
2.4 Parenting education from the perspective of Adlerian psychology and ethics	67
2.4.1 Styles and approaches to education	67
2.4.2 From the need to belong to Adlerian principles in parenting	72
2.4.3 Parents and their parenting styles from a research perspective	79
3 Towards other people – how we find partners and connect in romantic relationships	83
3.1 Lifestyle, family constellations and couple relationships	83
3.1.1 On the choice of partner	83
3.1.2 Research on the links between parental models and couple relationships	89
3.1.3 Ideal image of a partner and sexual imprinting	92
3.1.4 From relationship attachment to partner choice and partner satisfaction	96
3.2 The impact of family and sibling constellations on the choice of a partner	101
3.2.1 Constructions of couple relationships in terms of sibling birth order	103
3.2.2 Partner complementarity in relation to sibling constellations	104
3.2.3 Sibling constellations and sexuality	111
3.3 In search of happiness in a couple – a happy and satisfying romantic relationship in terms of individual-psychological and ethical approach	117
3.3.1 Can we measure a happy and satisfying romantic relationship?	118
3.3.2 Good couple relationships in terms of Adlerian ethics	126
Conclusion	131
Bibliography	133
About the authors	167