



NEUROSIS & HUMAN GROWTH

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Overview

This book describes neurosis in detail, where a constant striving for a delusional, glorified, perfect self causes major issues with relationships and self-loathing. It describes how it forms from childhood, the various subtypes such as the humble self-sacrificing self-effacer, and the vindictively arrogant ambitious person. It describes the delusional nature of neurosis and provides specific therapeutic techniques to overcome it.

“Self-idealization always entails a general self-glorification, and thereby gives the individual the much-needed feeling of significance and of superiority over others.”

Introduction. A Morality of Evolution

While a person's energies should be spent realizing his own potential, inner stress can cause him to become alienated. This results in neurosis, where instead of embracing healthy development, his energies become aimed at molding himself into a being of sheer perfection. Only by loosening his neurotic obsession with perfection can he be free to grow and love.

Chapter 1. The Search for Glory

One's *real* self is his unique inner force, a source of healthy growth. Yet his interactions with others may either be overly compliant, aggressive, or aloof. This damages his self-confidence, which he must then fulfill through his imagination. He constructs an idealized image of himself in his head, suppressing any flaws. This results in a need for perfection, external success, and vindictive triumph over others. This search for glory stems from his need to actualize this idealized self; the neurotic *despises* the slow growing process and wants the end result without putting in any effort.

Chapter 2. Neurotic Claims

“The neurotic feels entitled to special attention, consideration, deference on the part of others.”

A *neurotic claim* begins as a reasonable need yet quickly turns into entitlement. For example, being angry at receiving a parking ticket when others have gotten away with it. Neurotic claims are unrealistic, egocentric, entitled, and vindictive. Any frustrations are perceived as unfair and unjust, thus justifying his irrational anger. They breed a growing sense of discontent, continuously focus on what's *lacking* in life, becoming perpetually dissatisfied with his situation.

Ultimately, all neurotic claims are just a way to avoid the work necessary to address problems, stunting real change. The neurotic unconsciously believes that nothing is impossible by the magic of his willpower alone in order to achieve future inevitable glory.

The neurotic refuses to see the damage this may inflict upon his daily life, for to see this damage clearly would mean accepting himself as mortal and flawed like everyone else. He'd have to assume responsibility for slowly developing his own talents like everyone else.

Chapter 3. The Tyranny of The Should

“The more the drive to actualize his idealized self prevails in a person, the more the shoulds become the sole motor force in moving him, driving him, whipping him into action.”

The neurotic seeks to mold himself into a supreme being by his rigid disciplined inner dictates. He believes that an individual *should* possess certain qualities, making demands that are altogether too difficult. He wrongly believes that “nothing should be, or is, impossible for oneself.” He will make any shortcoming vanish without attempting to understand their root causes; for to do so would be an admission of weakness. He will handle this inner tyranny by whatever he considers to be life's greatest gems:

- **Mastery:** *Expansive* neurotics seek mastery over life.
- **Love:** *Self-effacing* neurotics believe love solves all.
- **Freedom:** *Resigned* neurotics rebel against tyranny.

