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A superiority complex is a defense mechanism that develops over time to help a person cope with feelings of inferiority

[1][2] The term was coined by Alfred Adler 1870-1937 in the early 1900s as part of his school of individual psychology Aug 25 2025 This article explores the characteristics impact potential causes and diagnosis of a superiority complex as well as some coping mechanisms that may be helpful Aug 29 2019 What Is a Superiority Complex? A superiority complex is a behavior that suggests a person believes they're somehow superior to others

While not an official diagnosis symptoms of it can occur Oct 19 2025 What Does It Mean to Have a Superiority Complex? A superiority complex is when someone thinks they are better than others because of feelings of insecurity or inferiority

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While confidence can empower achievement individuals with this complex depend on exaggerated self perceptions to mask deep seated insecurities Aug 2 2024 When someone has a superiority complex they have an exaggerated view of themselves and their abilities

They may also embellish their accomplishments and talk down to others Aug 15 2023 This article further explains what a superiority complex is

It also compares a superiority complex to an inferiority complex and lists the signs that someone may be experiencing a Apr 5 2025 A superiority complex refers to an attitude of superiority that comes off as arrogance or self importance

People with this mindset often believe they are better than others which can lead to various mental health issues and affect their relationships Feb 24 2025 Discover what a superiority complex is and how to overcome it for better mental health and relationships. Learn effective strategies today.

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