

Pattern of Life 全体的な目標から導き出される内面的な出来事

Style of Life 行動を記述するものであるため、外見上観察可能なもの
(前回の要約)

(資料 1)

The Pattern of Life (1930) 事例検討集

岸見先生が「子どものライフスタイル」というタイトルで邦訳されている。

1929年に活動の拠点をアメリカに移したアドラーが、ニューヨークの New School of Social Research で行った公開カウンセリングの記録

Patterns of life are usually fixed by the time a child is five or six years old.

(by editor, W.Beran Wolfe)

(資料 2) (IPPA chapter7 The Style of Life p173-174)

(Definition)

Individual Psychology has long called the **consistent movement toward the goal** a plan of life. But because this name has sometimes led to mistakes among students, it is now called a style of life.

COMMENT

This definition which Adler gave in 1929 (*The Science of Living*) was varied considerably throughout his writings. The further definitions, as was his custom, were often merely interspersed(変化を与えられている) and given in subordinate clauses...

Style of life is variously equated(同等に扱われている) with the **self or ego** (1931b, p. 4; 1935a, p. 7), **a man's own personality** (1931a, p. 200), **the unity of the personality** (1935a, p. 7), **individuality** (1931b, p. 4), **individual form of creative activity** (1935a, p. 8), **the method of facing problems** (1931a, p. 201), **opinion about oneself and the problems of life** (1933a, p. 16), **the whole attitude to life** (1929c, p. 135) and others.

Although in Adler's earlier writings the emphasis was on the goal, he had from the beginning used several terms foreshadowing (示す) the style of life.
he was also aware of the uniqueness of the individual and of the need to give this idea an expression. This he did at first with the term **psychological main axis(軸)**. In 1912, in *The Neurotic Character*, the main axis became **the guiding idea which provides the approach to the fictional goal through the life plan:**

Comparative Individual Psychology sees in every psychological process the imprint, a symbol so to speak, of **the self-consistently oriented life plan**" (1912a, p. iii). In 1927 we find **schema of life** (Lebens-Schablone) and **line of movement used synonymously with style of life** (1927a, p.3) Finally, in 1933 Adler proposed the individual's law of movement as underlying the style of life (see pp. 195-196).

THE INDIVIDUAL'S LAW OF MOVEMENT

Everyone carries within himself an opinion of himself and the problems of life, a life line, and a law of movement which keeps fast hold of him without his understanding it or giving himself an account of it.

全ての人には自分の中に、自分自身と人生の課題についての見解、命綱？ 運動法則をもっています。それは、自分が理解することなく、自分自身に説明することなく、自分を強く縛りつけています。

The law of movement in the mental life of a person is the decisive factor for his individuality. The declaration of this law was actually the strongest step which Individual Psychology has taken. Although it was necessary to freeze the movement in order to see it as form, we have always maintained the viewpoint that all is movement. We have found that it must be that way to arrive at the solution of problems and the overcoming of difficulties...

人の精神生活の運動法則は、その人の個性に決定的な要素です。この法則を宣言したことは、実際のところ、個人心理学が印した最も力強い歩みです。運動を形として見るために、運動を凍結する必要はありましたが、私たちはいつも、全ては運動であるという観点を維持してきました。私たちは、それは問題解決と困難の克服に到達する道に違いないということを見ました。

The individual is hardly ever able to state clearly where his way leads without individual- psychological insight, and he often states the contrary. Only the recognition of his law of movement gives us the explanation...

個人は、個人心理学の洞察なしには、自分の道がどこに続いているのかははっきりと述べることはほとんどできず、しばしば、逆のことを言ったりもします。この運動法則の認識のみが、説明を与えるのです。

In order to understand a person's future we must understand his style of life [which is based on his law of movement]. Because an individual has a style of life, it is sometimes possible to predict his future just on the basis of talking to him and having him answer questions. It is like looking at the fifth act of a drama, where all the mysteries are solved...

人の未来を理解するために、私たちはその人の style of life(その人の運動法則に基づくもの)を理解しなければなりません。個人は style of life をもっているのです、その人に話しかけたり、質問に答えてもらうことで、その人の未来を予言することができることもあります。それは、芝居の第五幕を見ているようなものです。そこですべての謎が解けるのです。(Sinn des Lebens 1933, Science of Living 1929, IP1926)

(資料3)

Twenty-five years later, Sicher made specific what can be inferred from Adler's explanations by focusing attention on the differences between the style of life and the pattern of life. その25年後、ジツヒャーは、ライフスタイルと人生のパターンの違いに注目することで、アドラーの説明から推測されることを具体化した。

For her, the pattern is an internal event and corresponds to Adler's notion of the law of movement. The style of life is observable and represents the methods each individual uses to reach his or her goal.

テキスト p12 脚注3 21年12月栗飯原さん、23年3月大竹さん、23年11月横山さんが引用されている。

(資料4)

Guiding Lines ガイドライン (108p) (栗飯原さん 2021年12月担当分)

The guiding lines are the micro units that make up the pattern of life. The guiding lines are the axioms, the tenets, principles, and rules of action that the person formulates (internal events) in order to attain plus values. The pattern of life can be inferred from seeing and understanding these micro units as they are observed in the style of life. In order to determine the pattern and style of life, many guiding lines, micro units, would have to be observed before it could be said with any certainty what they mean.

ガイドラインとは、人生のパターンを構成するミクロの単位です。ガイドラインとは、その人がプラスの価値を達成するために策定する公理、信条、原則、行動のルール(内部事象)です。人生のパターンは、ライフスタイルに見られるこれらのミクロの単位を見て、理解することで推測できます。人生のパターンやライフスタイルを決定するためには、それが何を意味するかを確実に言うことができる前に、多くの指針となるミクロの単位を観察しなければならないでしょう。

All character traits reveal the degree of social interest. They run along the line which, according to the opinion of the individual, leads to the goal of superiority.

They are guiding lines interwoven with the style of life which has formed them and which, again and again, brings them to light. (IPPA p219)

全ての性格特徴は、共同体感覚の程度を示しています。性格特徴は、個人の意見に従って、優越目標に導く動線に沿っています。それは guiding lines であり、guiding lines を形成した style of life と織り合わされ、style of life は何度も何度も guiding lines を照らし出します。