



**BHARATHIAR COUNSELLING CENTER @
DEPARTMENT OF PSYCHOLOGY,
BHARATHIAR UNIVERSITY,
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How to deal with inferiority complex?

An inferiority complex is an intense personal feeling of inadequacy. Seeing oneself as deficient or inferior to others is known as an inferiority complex. It is characterised by feelings the indicate the following:

- I am not good enough
- Everyone is better than me
- I am fit for nothing
- I am a failure
- I don't deserve this life
- I am an unlucky person

Symptoms of inferiority complex

- Feelings of inadequacy and insecurity when compared to others
- Negative image of oneself
- Feelings of unworthiness and shame
- A fragile sense of self
- Low self-esteem
- Excessive self-doubt
- Withdrawing from other people
- Avoiding social interactions



Ways to Overcome Feelings of Inferiority

- Don't be harsh on yourself
- Stop comparing yourself with other people
- Remember that no one is perfect
- Learn to forgive your past mistakes
- Look at mistakes as lessons that you have learnt
- Try being kind to yourself
- Remember your strengths
- Count your positive qualities
- Focus on the process not outcome
- Focus on the activity and not “you” doing the activity
- Celebrate your accomplishments
- Find supportive friends
- Seek professional support if needed



**For scheduling an appointment with a counsellor at
Bharathiar Counselling Centre,
call 0422-2428465 or email bcc@buc.edu.in**