



Our Inner Conflicts: A Constructive Theory of Neurosis

Karen Horney

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Here Karen Horney develops a dynamic theory of neurosis centered on the basic conflict among attitudes of "moving forward" "moving against," and "moving away from" people.

Unlike Freud, Horney does not regard neurosis as rooted in instinct. In her words, her theory is constructive because "it allows us for the first time to tackle and resolve neurotic hopelessness. . . . Neurotic conflicts cannot be resolved by rational decision. . . . But [they] can be resolved by changing the conditions within the personality that brought them into being."

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