

What does the research say?

- Examination of early recollections, even by non-clinicians, can provide reliable data on many facets of the personality including anxiety, need for approval, locus of control (Barrett 2005). Also: college achievement (Rogers 1982) and change in mental status (Eckstein 1976 and 1987).
- Taylor (1975) reviewed a series of studies conducted by Ferguson (1964), Hedvig (1963 and 1965), Jackson and Sechrest (1962), Kadis (1958), Lieberman (1957), and Mosak (1958) and found this research preliminarily supported the use of early recollections as a diagnostic technique.
- Peluso et al found that early memories can be scored with validity and that the concept of the lifestyle is a valid construct (2010).
- Lavon and Shifron (2020) and Miller and Taylor (2016) have documented neuroscience research supporting Adler's premise of the personality as a holistic construct.

