

CONCEPTUALIZATION OF VIOLENCE

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GOAL OF THE PRESENTATION

Violence is doubtlessly one of the scourges of humankind, yet, though we have many clues about it, it is hard to conceptualize and therefore eliminate.

The goal of this symposium is to further a meta-view of violence, from which its different dimensions, manifestations and perversities can be orientated, specified categorized and as it were diagnosed, and eventually, hopefully, find directions to be treated.

In order to do this, two new concepts derived from a view of traumatology will be introduced. They are (1) survival strategies and (2) their three dimensional (or triaxial) ramifications. To preempt the thrust of this talk, I will suggest that while all survival strategies have their forms of violence, the maladaptive aspects of the survival strategies fight, flight, assertiveness and competition, have been and are especially virulent in human history, and are worth examining.

Survival strategies and their triaxial framework, are more fully described in my book, *From Survival to Fulfillment; A Framework for the Life-Trauma Dialectic*, available in the bookshop (**show books**). A further book, *Trauma and Fulfillment Therapy* will be available next month and can be ordered, and it applies the wholist

conceptualization to treatment of traumatic consequences and enhancement of fulfillment.

INTRODUCTION

I suggest that it is necessary to introduce new concepts for the study of violence over and above PTSD, because PTSD is insufficient to conceptualize it. Even if traumatized soldiers say, in their flashbacks reenact their wartime violence, the cause of much violence is not a traumatic reenactment. And though PTSD sees violence as a Criterion 1 stressor, it does not explain how it comes about.

Past concepts of violence have been too black and white and simplistic. Some philosophers have seen it as a manifestation of evil, the satanic part of the human and divine dichotomy. Secular explanations have also not been more enlightening. Hobbes saw humanity as all struggling against all, and Freud with his death instinct saw people without the inhibitions of civilization as a gang of murderers. Violence was then seen as an innate aberration of human nature. Sometimes this was limited to males. Reverberations of this exist in feminist views of men as innately sex, and power driven, violent volcanoes ready to erupt.

Looking beyond such global views, more puzzles emerge about the dimensions of violence. One dimension does involve its development. Is violence indeed like a volcano which erupts randomly simply due to evolutionary masses of lava needing to come out? Is it a *biological* imperative, a discharge of accumulated adrenaline, a part of male testosterone? Or is there a *process* in its development, possibly involving *psychological* phenomena of cognitions, emotions such as hatred and envy, and *social* phenomena of territoriality, hierarchy and circumstances such as poverty?

Another dimension involves *social grouping* of violence. It can occur between individuals, in families communities and nations.

A further dimension, perhaps paradoxically, involves *spiritual* issues. Violence can occur to rectify injustice, to maintain dignity, honor and prestige, to fight for values, principles, religion, ideology, beliefs, ways of life, i.e. the highest of human aspirations. And people are willing to die in the fight for them. Yet in the e fight, violence can replace the sacred with profanity, absurdity, perversity. It can violate the human spirit and soul.

It is suggested that survival strategies present a common thread to these dimensions of violence, coherence to its biological, psychological and social aspects, as well as sense to its existence in certain circumstances.

Logistics. After I present 3 clinical cases, we'll have a few minutes off. Then we'll analyze the cases in terms of the new concepts and have another break, and finally look at diagnosis and treatment of violence, break again, and leave the rest of the time (about 30-40 minutes), for discussion.

THREE CLINICAL EXAMPLES

The first example is one of domestic violence, which some of you may have heard yesterday. The second example is the My Lai massacre of a Vietnamese village in the Vietnam War. The third is a genocidal massacre of Jews in the Holocaust.

A Case of Domestic Violence

Roslyn was a 35 year old woman who went through 12 years of marriage under total domination. She eventually left him when her children's lives were in danger. I saw her for PTSD and other symptoms.

She said, “George came to direct my life. He picked and dropped me off at work, because he worried I was having affair with my boss. He criticised my family. I became isolated. He became ever more violent. He watched porn and violent videos, and drank alcohol to excess. I lived for years in fear, under threats, “I’ll kill you.” “Today is the time to die.” At times he pushed my trachea till I fainted. He took people who tried to hide me hostage at the point of a knife. He threatened to kill my mother, and I was afraid for the children, so I always returned and stayed.

“I was terrified of his power over my body and spirit. He robbed me of my jewelry. He gambled away my savings while I was giving birth. I let him rape me to save my children. He humiliated me at home, for instance, he masturbated over my clothes, and at work, where he came and made loud denigratory comments as I was receiving a prize,

He robbed me of my possessions, my values and my beliefs.”

Once Roslyn’s husband cut his wrists in front of the police. He was diagnosed as paranoid and deluded, he believed that people were out to kill him, especially Roslyn. Treatment was never properly instituted.

The abusing husband’s father had physically abused the husband, and was cited in a sexual abuse case of a young girl. The husband’s uncle was violent with his wife for 20 years. The husband’s brother was a violent criminal.

Roslyn’s mother had been physically and sexually abused, and her father grew up in an institution. Roslyn grew up in her parents’ mental worlds, in a deprived home dominated by fears of violence. The mother expected and covertly encouraged Roslyn to enter and stay in the violent marriage.

With treatment, Roslyn became stronger, her PTSD resolved, she asserted her rights, separated from mother as well as husband, and reestablished her inner values.

My Lai

Lifton (1973) has provided us with perhaps the best psychological analysis of a well documented atrocity in what Lifton called 'the atrocity making situation'.

The background to My Lai was a guerrilla war in which the enemy was hidden and could not be hunted down. Instead, Company C was helplessly hunted. There was no way to avenge the first death. Instead, a mine killed a further four soldiers. Then a respected leader was blown to pieces by a booby trap. Fantasies of eliminating all foreigners emerged, encapsulated in the statement, "Only good gook is a dead gook." Captain Medina said at the eulogy,

We lost a lot of guys. Pinkville caused us a lot of hell. Now we're gonna get our revenge.

Everything goes.

The next day 405 men women and children, all civilians of nearby My Lai village were rounded up, raped and killed. The operation was acted as if it engaged the enemy. The rape and killing were conceptualized as direct revenge, "...you dirty bitch, you killed Wilson, and you killed Weber.." The villagers substituted for the absent killers. When this was needed, it was rationalised that the women and children were enemy supporters, or would be when they grew up. The action was supported by the military and the victims were added to body counts.

A few did not participate in the massacre. Others became injured, while a small proportion became addicted to killing and got thrills from it.

Józefów

In a similar vein to Lifton, Browning (1992) and Goldhagen (1996) described the massacre of 1,800 Jews of Józefów in Poland by members of the German Reserve Police Battalion 101 in July 1942. The members of the battalion were relatively older family men whose earlier civilian police duties were earlier transferred to herding, transporting and unloading Jews marked for extermination. This time, because of manpower shortages, they were earmarked to round up, transport and directly kill their victims. Clear orders were given to shoot women, children, the old.

Two officers, one a doctor, instructed the men how to shoot at close quarters. A number of men avoided direct shooting. Others dawdled as if they had other assignments. Many were nauseous and some vomited. However, the job was done. Some rationalised it at the time, for instance thinking that they were kind to shoot children whose mothers were going to die. The men could become inured to killing, and later repeated their actions, some even coming to enjoy them. Others did break down.

The killing was portrayed as a job, possibly unpleasant, but one which had to be done. The doctor officer killer represented the medical vision of the job, akin to administering antibiotics. Then of course all viruses had to be killed, especially the young ones.

Another vision ran parallel to atrocities such as these. It was total domination, and was marked by extremes of plunder, exploitation and humiliation. Prisoners were wantonly abused, gloated over, hit, stripped, controlled, and tortured before they were killed. The vision was of superiority and right of total possession.

(BREAK)

Analysis of the Above Cases

It may be noted that the cases bear similarities. For instance, George may have seen killing Roslyn the only way to save himself from persecutors, akin to soldiers killing villagers for similar reasons. His robbery and humiliation of her resembled the massacre in Jozefow. Differences existed in scale and strategies. For instance, George also needed Roslyn, so she had to stay alive. Similarities and differences can be explained by survival strategies and their dimensions.

My Lai as an Example of Survival Strategy Fight

(Maladaptive biopsychosocial features of fight)

It may be seen that hatred, persecution, killing, eradication and destruction in My Lai corresponds to maladaptive fight.

While many observations finish and explanations start here, it is suggested that maladaptive fight here was a result of a process in which no other strategies, include adaptive fight could work. In particular there was no way to rid of enemies who were killing members of the unit. Adaptive aspects of fight, ridding enemies is seen here.

(Adaptive biopsychosocial features of fight)

There was no way to threaten and deter the enemy, inflict revenge on them, make frighten them off and be rid of them. Violence became a displaced or symbolic fight

strategy, in the minds of the perpetrators a desperate defensive action to rid an enemy, who like a predator, was about to engulf the unit.

So let us look now at the whole of the survival strategy fight and its dimensions.

(Whole fight survival strategy - Table)

In this Survival Strategy the appraisal of the means of survival holds that danger must be removed. The paradigm is “Kill or be killed.”

Adaptive features

It may seem paradoxical to think of adaptive features of fight. Yet in nature threatening postures, with increasing vigor as territorial intrusion is imminent, often frightens off potential attackers. The same can be true for humans.

Nuclear deterrence in the Cold War frightened the protagonists from attacking each other.

Again, revenge in nature, by returning wounds in kind, may be the last message before an all out fight, indicating that attack will cost dear. Cycles of revenge in Northern Ireland and the Middle East may carry similar messages.

The horizontal progression for Fighting in the Table is the **process axis**, indicating a process of potential development of the strategy.

(Figure 1, explaining the 3 axes)

(Components of the Process Axis)

(Table 1, → Figure 2)

Another dimension is the **parameter axis**. Its components are

(Components of Parameters Axis - Table 1)

In My Lai, the **type of traumatic situation** was a combat unit trapped by the enemy. With regard to **phases**, what led to the trap was the *preimpact phase*. Usually in this phase territories, identity of us and them, roles and groups are defined. The massacre was the *impact phase*, we are still in the *recovery phase*. The **social system levels** include individual soldiers, the unit, the army, the families back home, the nation.

The final dimension is the **depth axis**.

(Components of the Depth Axis - Table 1)

Self-preservatory *instincts and drives* resulting from being wounded and trapped resulted in imperatives of the fight *survival strategy*. *Judgments and morality* were aligned with justice of self-defense and revenge. The *meaning* of the exercise was to overcome passive annihilation. (The *meaning* of the Vietnam War was deterrence of Russia, the trauma of appeasement to Hitler leading to falling dominoes of conquest, not being repeated.) Soldier *dignity, values and ideology* and *identity* were aligned for the action. Taking of life with religious and ideological blessings was to be a sacred act of giving life. All this was predicated by the villagers being appraised atavistically both as demonized predator monsters and dehumanized as smelly, disgusting, poisonous vermin.

Maladaptive Features

Process axis. Because of the initial wrong appraisal that the villagers were the enemy, maladaptive hatred, persecution and killing of the villagers was maladaptive, and did not enhance survival.

Parameter axis. Wrong definition of **social system** boundaries between us and them (the enemy) led to the villagers being scapegoats. Similarly, Vietnam as a symbol of Hitler's expansion may have been wrong.

Depth axis. Instead of justified and revered defenders, the soldiers were perpetrators of evil, murder, atrocities on innocent women and children. They desecrated human values, dignity, the spiritual order of mankind.

We saw that the difference between adaptive and maladaptive fight is the mental distortion of displacement, symbolization, and projection on to symbols. Yet such distortions are a common way of dealing with unanswerable attacks. Hitting out at the most available target is present already in toddlers. Passing abuse and humiliation down the line is common - the boss abuses the man, he his wife, she the child, the child the pet or doll.

But hatred and revenge may also smolder for years. They may be transferred from parents in delinquency on to society, or as in the first case on to spouses, and one's own children. Violent criminals were often physically abused children. Atrocities in Vietnam were more likely to have been performed by soldiers who were abused as children. Nonentities, fringe dwellers, the shunned, for instance, incest products such as Shaka Zulu, and Karadzic, the Bosnian Serb psychiatrist are examples of those who express rage and humiliation on others after many years. Their own helplessness is reflected in the face of those they torture.

In extreme cases, a reversal of morality results in perversion of good and evil, perpetrators taking on, like Mengele the angel of death, divine or Satanic qualities. They

decide life and death. George did this with his victim. Because violence works only for short times to appease hurts and conscience, addiction to it may develop akin to, and along with other drugs. Perpetrators require ever more killing and destruction.

Summary

Fight was given as an example of a survival strategy whose maladaptive features lead to violence. Particular features of the how this manifests is determined by the three dimensions of fight.

(Triaxial Framework)

Superimpose the triaxial framework over different components of fight.

FLIGHT

(Flight survival strategy)

Fight and flight are often alternative and fluctuating survival strategies, representing a fear : aggression balance. Like armies which may retreat and attack but the enemy always being in mind, individuals may avoid, hide, and flee, but in other circumstances be ready to strike at what endangers them.

Phobia (such as xenophobia, anyone who symbolizes a past persecutor and enemy), paranoia (expected return of traumatic attacks and fine tuning for any cues signaling this), fears and panics of engulfment and annihilation, sense of being a trapped animal in a corner about to be hunted down, lead to gathering of all strength to fight the decisive fight of whether one lives or dies. The means of survival may flip into fight.

The same way as fight could be displaced on to scapegoats, so fear of enemies who may persecute one can be displaced to all who share any cues of their original enemies. Thus symbols of enemies can serve as real enemies.

What makes for wide scale violence is again atavistic views of others as predators, demonization and dehumanization, and generalization. With technology which can scatter death over wide populations such jungle perceptions which may have served survival for a group, can portend worldwide disasters.

(BREAK)

SURVIVAL STRATEGIES

Survival strategies such as fight and flight, it is suggested are discrete stress responses evoked by particular circumstances.

Their characteristics are

(Slide 1)

The survival strategies are

(Slide 2 and Table)

The survival strategies are pictorially represented

(Slides 5-12)

Appraisals and means of survival

3 further survival strategies will now be quickly reviewed, as we did fight.

GOAL ACHIEVEMENT / ASSERTIVENESS; COMPETITION / STRUGGLE

GOAL ACHIEVEMENT; ASSERTIVENESS

(Show Adaptive assertiveness slide)

In this Survival Strategy life is preserved by achieving goals, such as food, territory, resources, security. The paradigmatic picture is of hunting. In cannibalism the prey is other humans. War has subsumed hunting qualities. Till recently humans were prey like other animals, though the most dangerous game.

Work has become a major means of achieving goals, and it has derived features of hunting and combat. For instance, business may be like 'a jungle' where traders calculate, stalk, and pounce and trap customers.

Adaptive features

On the **process axis**, features of goal achievement are physiological arousal, a sense of strength control and potency, and one's will achieving success.

On the **parameter axis** *in the preimpact phase* the goal, its boundaries, who is to achieve it with whom in what role, when and how, are clarified. Those who thwart goals are not hated, they just have to be cleared like obstructions. Killing them is like clearing dehumanized inanimate objects.

Force may be used to obtain goals. If done in groups, it is coordinated by leaders. All are part of a bigger body, such as a hunting group, combat unit, company man or nation.

On the **depth axis**, the person feels capable, worthwhile, admired, with high self-esteem, doing a meaningful task in a cohesive loving group, fulfilling his gender role, identity as a warrior, hunter, worker. The role is associated with dignity and honor. The person is part of a universal sacred purpose of maintaining and fulfilling life.

Maladaptive Features

(Maladaptive assertiveness slide)

Process axis. Goals are not achievable. Frustration, loss of control and impotence, low morale, willfulness and specter of failure emerge. Burnout, exhaustion, and physical strain and illnesses may result. A variety of defenses may emerge for instance, denial and willfulness, and manic assumption of power which one does not have. This may lead to spirals of folly.

Parameter axis. Frustration and demoralization may occur in individuals, groups, organizations, nations, e.g., in soldiers, armies, and nations in Vietnam. Willfulness and displacement of goals occur into purposeless violent tasks such as high body counts, or wanton destruction.

Depth axis. Willfulness is fueled by vanity and leads to spirals of folly. Hunting becomes plunder of the weak as happened to Roslyn, and the Jews of Jozefow. Control and impact is destruction of hapless civilians. This may be called collateral damage. Killing is callous, because it is only a task. Civilian bombing, even of Hiroshima was 'only' a task. The Germans in Jozefow killed civilians as a job, a medical task. Nazi

doctors discussed the best ways to exterminate people (Lifton, 1986), akin to slaughterers discussing best ways to kill animals. Meaning and purpose of life are perverted. The ultimate desecration and perversity is when killing becomes banal, an industry, like it did under the Nazis. Then one has lost one's soul altogether.

COMPETITION; STRUGGLE

(Show adaptive competition slide.)

In this Survival Strategy life is preserved by obtaining scarce essentials. It may be stated as, "I must obtain the resource (air, exit, food) ahead of others, or I will die." How this is done in the community determines whether the Survival Strategy is adaptive or maladaptive. In nature social animals have hierarchies which preserve groups through dominants getting most and reproducing most, but distributing resources down a pecking order, preserving maximum of the breeding population. Without such hierarchies, struggle ensues, epitomized by scrambling for food. Competition may also be for territory, sex partners, survival of progeny, and comforts.

Adaptive features

On the **process axis**, hierarchies are established by contest. Though this may resemble fight, contest is between peers, and not meant to be rid of them, but to establish precedence over them and peace in the community. Winners obtain status, authority, power, privileges in possession and comforts, as well as are in charge of lines of distribution, communication, tradition and justice.

On the **parameter axis**, hierarchies may be established at every social unit and criss-crossing relationships. For instance, in families hierarchies may exist between parents and children, siblings, and genders. Hierarchies are established in schools, work, hobbies, groups, armies and church.

On the **depth axis** joy of winning, respect for one's superiority, enjoyment of possession power and privilege, are mixed with responsibilities to those of whom one is in charge, maintaining fairness at each hierarchical level, making sure the lowliest can survive. In a well coordinated society everyone knows his place in the order of things, from the street cleaner to heavenly hierarchies.

Maladaptive Features

Process axis. Winning is used to further power and dominance, through terrorization and intimidation. The defeated are oppressed, crushed, plundered exploited and humiliated, as was Roslyn and the Jews. Corruption, venality, rapaciousness, greed, envy, and lust rule, unless the oppressed rebel and revolt. If they do not, they may be marginalized and eliminated.

Parameter axis.

Hierarchical struggles occur at all social levels. Positions of dominance are striven for, using every possible advantage. Oppression, colonization, exploitation, and revolutions make up much history.

Struggles may be displaced from the past on to current situations. This may be a family past, or a colonial past of nations. Innocents may be seen as potential oppressors.

Depth axis. Struggles for food, limited exits in a fire, may reflect "law of the jungle", "dog eat dog" morality. Once power is established, sycophancy, patronage,

nepotism, corruption, and depravity result. Ever more perverse symbols of power and humiliation of subjects may ensue. This may be reinforced through perverse use of ideological and religious power.

Combinations of Survival Strategies

Survival strategies may act in synergy and increase the noxiousness of violence.

For instance, George at different times combined his vicious paranoia, power, and control. The same was true of the Germans in the Holocaust.

Each maladaptive survival strategy may utilize each axis, such as group pressure, ideologies, myths.

(Break)

Diagnosis of Violence

Categorization

Acts of violence may be recognized, labeled and categorized according to survival strategies. The same can be done for accompanying angers.

(Categories of Adaptive outcomes, Violent outcomes, and Angers.)

ADAPTIVE	ANGERS	VIOLENT OUTCOMES
SURVIVAL		
OUTCOMES		

<i>Protect and nurture</i>	<i>Resentment</i>	<i>Physical abuse and neglect</i>
<i>Cared for, content</i>	<i>Protest, blame</i>	<i>Protest, frenzy</i>
<i>Control, achieve goal</i>	<i>Frustration</i>	<i>Willfulness, callousness</i>
<i>Surrender, grieve</i>	<i>Admonishment</i>	<i>Deny, pursue other strategies</i>
<i>Deter, defend</i>	<i>Fury, Revulsion</i>	<i>Kill, destroy</i>
<i>Avoid, escape</i>	<i>Desperation</i>	<i>Lash out, phobic, paranoid</i>
<i>Maintain order; distribute resources</i>	<i>Outrage</i>	<i>Dominate, terrorize, marginalize, plunder</i>
<i>Love, give</i>	<i>Rage</i>	<i>Betray, rob, violate, e.g., sexual abuse</i>

Further, once categorized, each act of violence can be traced back along its survival strategy emergence, and be accordingly understood and historically contextualized.

For instance, George's different acts of violence could be categorized according to different survival strategies at different times. At times his acts were consistent with domination in order to plunder resources - financial, labor, comforts and sex. At other times he saw his wife in paranoid terms as a dangerous enemy, whom he attacked with murderous fury. At other times again he used her to feel in control, potent, male.

The emergence of each maladaptive survival strategy could be traced back to appraisals of how to survive in George's background. There he had learned that if you are a man you bash your wife, you dominate or are dominated, you fight or you get killed. At times of stress, these appraisals were particularly prone to emerge.

In My Lai, the furious vengeful killing could be categorized as maladaptive fight, and traced back to recent deaths, fear of annihilation and displacement of enemy perceptions on to scapegoats.

In Jozefow, the genocidal massacre drew on all maladaptive survival strategies. Antisemitic portrayal of Jews showed them as predators who literally ate German blood, enemies who defeated the Germans in the First World War, parasites who caused the depression, and sapped German energy. So they had to be destroyed in demonic fight terms. Total oppression, exploitation and humiliation, even the stripping, beating, gloating, torturing before killing, confirmed the hierarchical domination of maladaptive competition. The industrialized non-emotional “special work”, as it was called of genocide utilized maladaptive goal achievement. The combined maladaptive survival strategies were encouraged by a leadership obsessed with paranoia and efficiency, and combined with individual needs for safety, loot and scapegoats.

CONCEPTUALIZATION OF TREATMENT OF VIOLENCE

Treatment of violence may follow in parallel some trauma therapy principles.

General

Hope. In spite of the hugeness of the evil in the world, just like with a despairing patient, hope finds hope. Something can always be done to improve circumstances. In reality these days there are sufficient world resources and few predators to not require the above maladaptive survival strategies for survival, if matters are arranged well enough.

On the other hand, one must be careful to not hope too much, see panaceas. The more one approaches the complex problems with understanding and patience, the more likely one is to find realistic solutions.

Space. It is necessary to find boundaries between combatants, space to ask, explore, think, assess.

Non-judgmental. Inquiries and understanding must non-judgmental and impartial.

Specific Treatment

Specific treatment requires replacement of maladaptive survival strategies at different dimensional cross-sections with their adaptive opposites. The more wide ranging the understanding of the culture at the various intersections, and the wider the understanding of many such intersections, the better tailored and more widespread interventions can be.

Let us consider a brief overview of specific maladaptive survival strategy rectifications and their different dimensions.

Maladaptive Fight and Flight; Provide Security

Process axis. Having established secure boundaries between combatants, one may try to redefine dehumanized and demonic appraisals of each other. One may see opponents as equally afraid humans to oneself. One may find that opponents share a similar background of having been abused, and have a common enemy - violence. Projections, and scapegoating can be retracted, propaganda and enticement stopped.

Perceptions of threat can be diminished by confidence enhancing steps, subsuming postures and gestures opposite to fight. One sided atrocities may be apologized for with

remorse, and compensation paid for unjustified wrongs ones. Mutual respect, codes of behavior, forum for just resolution of remaining conflicts may be agreed to.

Parameter axis. Individuals, families, community, ethnic divisions.

Depth axis. Safety and mutual respect enhance security and sureness of identity in self, community, ethnic self, religion. Fighting for peace provides dignity and pride, and a sense of wisdom that this is a better way to defend those one loves.

Maladaptive assertiveness; Life Goals

Process axis. It is important to define goals of food, shelter, reproduction, and self-esteem, or survival and fulfillment. Strategies need to be devised to achieve them. This may mean provision of work opportunities, and opportunities to achieve goals consistent with time in life.

Parameter axis. Such goals need to be achievable for individuals, families, communities, nations.

Depth axis. People are facilitated to have a sense of control, competence, success and pride, a sense that they are important and doing important things.

Maladaptive Competition; A Place in the World

Process axis. Win-lose perceptions are replaced with more adaptive ones where each has a place and contributes to the common good according to ability, associated with dignity, honor and status. One can rely on those to whom power is voluntarily entrusted to work on the community's behalf justly, and oneself contributes to justice for those below one. All have enough to survive, or at least all pull their belts in proportion.

Parameter axis the above applies in all social groupings, from families to internationally.

Depth axis Each person has dignity, honor, prestige on an appropriate level to themselves and the community. The order and traditions of their hierarchy are respected for what it is achieving for individuals and the community as a whole. Each person senses to be a worthwhile cog in the bigger social wheel.

Other adaptive survival strategies may also replace maladaptive fight, flight, assertiveness and competition.

Adaptation; Adjustment to Realities

Process axis. Accept reality of past hurts and injustices, Mourn one's and each other's pasts, and separate them from the present and future.

Parameter axis This need to be done, when the time is ripe, for all social levels.

Depth axis. Accept human vulnerability, the reality that the abused abuse, and may do so to innocent scapegoats. Find pride in survivorship, grief, apology, sorrow, and move to new future with hope.

Cooperation

Process axis. See that win-win mutual gain is a better solution than maladaptive survival strategies. This time confidence building measures toward trust are gestures of generosity and tit for tat reciprocity which replaces tit for tat revenge. Trade, cultural exchanges, tourism enrich each other's cultures. Mutually creative enterprises such as space exploration between Russia and America are entered into.

Parameter axis. Individual, family, communities, nations.

Depth axis. Trust and honest dealings replace plunder and exploitation. A matrix of common humanity, forging new bonds, expanded mutual creations provide a vision of a mutual future.

Rescue, Caretaking / Attachment

Process axis. Protect the weak and violated, but at the same time, understand the abusers. Provide necessary security and provision for both.

Parameter axis. Provide appropriate care at all social levels, developmental levels of the subjects and phases of need.

Depth axis. Give of oneself for others, making people feel worthwhile, lovable, and encouraged to grow to their full potentials.

Checklist

Check that each survival strategy has been dealt with at all dimensional points.

Make sure that helpers, therapists, peacemaking bodies such as UN, do not get involved in local disputes. Help treat their secondary effects.

CONCLUSION

It is suggested that survival strategies provide the common threads and understanding to different types of violence, and the triaxial framework their manifestations in different situations and circumstances.

The wholist perspective enhances means of thinking about and diagnosing any particular violence and to trace it to its origins.

The perspective provides a theoretical means of tailoring intervention to specific triaxial points, as well as to apply interventions in a wide framework. A checklist can ensure both priorities, and that all is done according to available resources.

As in trauma therapy, there is a need to replace the past stress and trauma story with an adaptive current one. What led to the maladaptive survival strategies in particular situations is replaced with a historical knowledge of what happened why, according to what aspect of human nature.

The ultimate challenge is prevention of violence. It is no longer necessary in our environment free of predators and relative plenty. Thus we can afford and indeed need to rid ourselves of atavistic perceptions left over from tribal times with fears against predators, and of struggles against other species and tribes in harsh environmental conditions. Nor can we afford to give free rein to our imagination, where scapegoats and symbols acquire the significance of realities.

The wholist framework of survival strategies and the triaxial promotes a relatively sophisticated conceptualization, with more comprehensive yet better tailored targeting of violence in its different manifestations. It is worth exploring further.

ANGERS AND VIOLENCE ACCORDING TO SURVIVAL STRATEGIE

SURVIVAL STRATEGY	ADAPTIVE SURVIVAL OUTCOMES	ANGERS	VIOLENT OUTCOMES
Rescuing	Protect and nurture	Resentment	Physical abuse and neglect
Attaching	Cared for, content	Protest, blame	Protest, frenzy
Asserting	<i>Control, achieve goal</i>	<i>Frustration</i>	<i>Willfulness, callousness</i>
Adapting	Surrender, grieve	Admonishment	Deny, pursue other strategie
Fighting	<i>Deter, defend</i>	<i>Fury, Revulsion</i>	<i>Kill, destroy</i>
Fleeing	<i>Avoid, escape</i>	<i>Desperation</i>	<i>Lash out, phobic, paranoid</i>
Competing	<i>Maintain order; distribute resources</i>	<i>Outrage</i>	<i>Dominate, terrorize, margin plunder</i>
Cooperating	Love, give	Rage	Betray, rob, violate, e.g., se abuse