

## **DETAILS OF SURVIVAL STRATEGIES**

This seminar will consist of looking at survival strategies in somewhat more detail, with Table 1 as their framework. Each survival strategy will be looked at in more detail again in Workshop 6.

**\*\*Refer to Table 1 \*\***

Look at the second Survival Strategy,

### **Attachment**



Having dealt with fight and flight earlier, we will deal with this survival strategy next, because it is the next well recognized one, especially by many psychoanalysts. (Actually no survival strategy will appear unknown to you.)

Attachment to a caretaker is present in all animals higher in the evolutionary scale than reptiles. The attachment cry is thought to be the most primitive means of vocalization.

### **Rescue/Caretaking**



The first survival strategy, Rescue/Caretaking is the complementary survival strategy to attachment, and is just as ancient.

### **Assertiveness/Goal achievement**



This survival strategy is used to achieve goals and aims. Whether in hunting, foraging, work, or combat, its motivating force is to obtain something essential for survival. Much effort and skill may go into the project.

### **Goal Surrender; Adaptation**



Yielding, surrendering goals, adapting to new circumstances, may be painful and involve grief. Inability to grieve may lead to despair and depression.

### **Competition; Struggle**



Darwin saw Competition as a major means of survival and propagation. Competition is a very primitive survival strategy, already present in unicellular organisms.



## **Cooperation; Love**



Generosity, altruism, mutuality, reciprocity, are as much feature of human survival as competition and the other survival strategies, as Darwin himself recognized.

### **Some notes on reading the table**

1<sup>st</sup> line in each box deals with a life essence, 2<sup>nd</sup> line with resources, while the third line with a combination of both.

Survival strategies tend to act in pairs like see-saws (eg Rescue and Attachment, Competition and Cooperation).

Horizontal lines depict the process, whether adaptive or maladaptive, from appraisals to traumas. Vertical lines depict classifications of biological, psychological and social responses and traumas (see later seminar).

Judgements in the Table will be dealt with later too.

**Details of Survival Strategies will be dealt with in more detail in Workshop 6.**