

## **APPLICATION OF SURVIVAL STRATEGIES TO CONCEPTUALIZING AND CATEGORIZING ANGER AND GUILT, SELF-ESTEEM AND SHAME, RIGHT AND WRONG, SPIRITUALITY, AND SACRED**

In this workshop we will talk about ever higher and ever broader and more inclusive moralities and principles. We will look at what we call spiritual or using secular semantics, existential. By making scientific observations at such levels we do not diminish the spiritual or existential. The awe of nature and of our minds is enhanced, even though they might appear less magical.

Let us start with basic judgements, representing foundations of morality. Such judgements are of three types. Their measures are good and bad, worthiness, and fairness. The sense of morality, or conscience emotions accompanying these judgements are respectively: virtue and guilt, esteem and shame, and right and wrong. These are the three judgements that regulate survival strategies, and we may say basic morality.

## Basic Judgements - Basic Morality

JUDGEMENT	MEASURE	EMOTION
<i>Obedience</i>	<i>Good and Bad</i>	<i>Virtue and Guilt</i>
<i>Worth</i>	<i>Worthiness</i>	<i>Esteem and Shame</i>
<i>Justice</i>	<i>Fairness</i>	<i>Right and Wrong</i>

Each survival strategy is judged according to these moral criteria, providing us with a variety of guilts, shames, etc. for instance, each survival strategy has specific esteems and shames. These are seen in the Judgements columns in Table 2.

The judgements on the left hand side of the table show esteem, and self-esteem. The judgements on the right hand side are denigratory judgements which are also the hallmarks of lack of self-esteem and shame.

Once again, you will notice that a generic term such as self-esteem and shame can be honed or refined through the use of survival strategies.

The table below is a summary of the esteem/shame judgements in the table, which are components of worth, or worthiness.

## Categorization of Esteem and Shame

⚔Rescuing	⚔ <i>Responsible</i>	⚔ <i>Selfish</i>
⚔Attaching	⚔ <i>Lovable</i>	⚔ <i>Unlovable</i>
⚔Asserting	⚔ <i>Successful</i>	⚔ <i>Inadequate, failure</i>
⚔Adapting	⚔ <i>Bereft</i>	⚔ <i>Pathetic</i>
⚔Fighting	⚔ <i>Hero</i>	⚔ <i>Violent, murderer</i>
⚔Fleeing	⚔ <i>Pitiable</i>	⚔ <i>Coward, traitor</i>
⚔Competing	⚔ <i>Superior</i>	⚔ <i>Inferior</i>
⚔Cooperating	⚔ <i>Beautiful</i>	⚔ <i>Ugly, perverse</i>

The following are components of good and bad, characterized by judgements of virtue and guilt.

Categorization of Virtue and Guilt		
✧Rescuing	✧ <i>Altruism</i>	✧ <i>Survivor Guilt</i>
✧Attaching	✧ <i>Obedience</i>	✧ <i>Guilt of 'sin'</i>
✧Asserting	✧ <i>Achievement</i>	✧ <i>Guilt of failure</i>
✧Adapting	✧ <i>Adaptability</i>	✧ <i>Guilt of giving in</i>
✧Fighting	✧ <i>Defending</i>	✧ <i>Perpetrator Guilt</i>
✧Fleeing	✧ <i>Astuteness</i>	✧ <i>Cowardice Guilt</i>
✧Competing	✧ <i>Status</i>	✧ <i>Priority Guilt</i>
✧Cooperating	✧ <i>Generosity</i>	✧ <i>Betrayal Guilt</i>

The following table categorises judgements of fairness and justice under right and wrong.

Categorization of Right and Wrong		
✧Rescuing	✧ <i>Help the needy</i>	✧ <i>Reject the needy</i>
✧Attaching	✧ <i>Reward the good, Punish the bad</i>	✧ <i>Punish the good Reward the bad</i>
✧Asserting	✧ <i>Reap from Effort</i>	✧ <i>Effort Futile</i>
✧Adapting	✧ <i>Timely death</i>	✧ <i>Absurd death</i>
✧Fighting	✧ <i>Self-defence</i>	✧ <i>Atrocity</i>
✧Fleeing	✧ <i>Seek Safety</i>	✧ <i>Disloyalty</i>
✧Competing	✧ <i>Status privilege</i>	✧ <i>Rob the rule d</i>
✧Cooperating	✧ <i>Fair Give and Take</i>	✧ <i>Lie, Steal, Abuse</i>

Judgements of good and bad, worth and justice, with conscience feelings of virtue and guilt, self-esteem and shame, and fairness and unfairness regulate survival strategies within a community.

Survival strategies and basic judgements of them create basic meanings about oneself in relation to others. These are denoted in the next table.

♯Rescuing	♯ <i>Good Carer</i>	♯ <i>Cause death</i>
♯Attaching	♯ <i>Safe and Loved</i>	♯ <i>Unlovable</i>
♯Asserting	♯ <i>Control Destiny</i>	♯ <i>Leaf in the Wind</i>
♯Adapting	♯ <i>Adaptable</i>	♯ <i>Vulnerable</i>
♯Fighting	♯ <i>Handle Danger</i>	♯ <i>Violent</i>
♯Fleeing	♯ <i>Fleet footed</i>	♯ <i>Fearful</i>
♯Competing	♯ <i>Superior</i>	♯ <i>Inferior</i>
♯Cooperating	♯ <i>Loving</i>	♯ <i>Abused, abusive alienated</i>

### **The Basic Fulfilment or Traumatic Package**

Survival strategies, judgements, and basic meanings about self converge into a basic mental node or platform.

## Basic Traumatic Node

- ⚡ 1. *Trauma responses*
- ⚡ 2. *Judgements*
- ⚡ 3. *Basic meanings of self and the world*

These are building blocks to higher evolutionary achievements such as ideals, principles, dignity, values, religion, ideology, sacred, identity, existential purpose, and wisdom.

We have seen this evolutionary ascent already in Workshop 5.

## THE COMPONENTS OF THE DEPTH AXIS

- |  |  |
|--|--|
| ⚡ Instinctive physiological survival needs           | ⚡ Codes, rights, dignity, ethics             |
| ⚡ <b>Survival strategies</b>                         | ⚡ <b>Potential Spirituality from here on</b> |
| ⚡ Morality including good and bad, worth and justice | ⚡ Symbols                                    |
| ⚡ Meanings.  | ⚡ Identity                                   |
| ⚡ Ideals, values and principles                      | ⚡ Creativity, aesthetics                     |
|  | ⚡ Sacredness                                 |
|  | ⚡ Wisdom, knowledge, truth                   |

We see that survival strategies and early evolved judgements are on similar levels to early tribal ways of seeing the world. This corresponds to Piaget's pre-operational thinking, present between the ages of 3-7.

In this form of thinking the person and tribe are central in the world, and everything is preordained according to rules which if followed leads to a good life. Good and bad are determined by a superior divine parental-type being, who is brought on side by obedience and rituals. It is not for the subject to question why rules are to be followed, or to judge them by a more pragmatic perspective. For instance, sin and guilt may be felt more for eating the wrong food, or touching a part of one's body, than say for killing someone. In this morality, called hierarchical or deontological morality, if anything goes wrong, the child/person must have disobeyed, or been the wrong sort of person. The parent/god cannot be wrong.

**Evolution of social morality cosmology and spirituality**

Evolution of morality, cosmology and spirituality is recapitulated in each person's development. This is depicted roughly in the table below, which is based on Piaget.

**Developmental phases**

<u>Phase</u>	<u>Age</u>	<u>Achievement</u>
Sensory-motor 1	0-1 month	Reflex responses; global emotions
Sensory-motor 2	2 month-2yrs	Space/time; self/others; pleasure principle
Pre-operational	2-7 yrs	Ego-centric; magical; deontological
Concrete operational	7-adolesc	Opposite feelings; guilt, shame, fair
Formal operational	Adolesc	Abstract; ambiguities; values, principles, etc

In trauma we revert to early type thinking. Space, time and person become less differentiated. Deontological morality makes victims blame themselves and feel ashamed. This retrieves a sense of justice and meaning, even if primitive and wrong.

Survival strategies can be utilised to categorize higher moralities too, such as values dignity and even the sacred **\*\***(see also Papers/2003 ASTSS/a wholist perspective2)**\*\***. The following sayings or higher level meanings of life abstracted from life experience are an example. Note that each adaptive and maladaptive aspect of each survival strategy has its own specific proverb.

### **Categorization of Higher Level Meanings**

- Hard times bring out the best in people. / In hard times everyone looks after his own.
- If you do the right thing, things go well. / Bad things happen to good people. (The good die young.)
- One can achieve anything if one sets one's mind to it. (Just do it.) / There is no point breaking your head against a brick wall.
- It is better to have loved and lost than not to have loved at all. / Love is dangerous because you only get hurt.
- You have to show strength not be attacked. / To be safe you have to kill them all.
- Stay safe in your zone of security. / There is no safety in the world.
- One needs to accept one's place in the world. / The world is a jungle where dog eats dog. To love and be loved is the most precious thing in the world. / To love is to get exploited.

The following table indicates that even religion is permeated by aspects of survival strategies. Naturally, they are all adaptive.



## Survival Strategies in Religion

- ⌘ Rescuing                      ⌘ *God Protects and Provides*
- ⌘ Attaching                    ⌘ *God Rewards and punishes*
- ⌘ Asserting                    ⌘ *Heaven*
- ⌘ Adapting                     ⌘ *Eternal Life*
- ⌘ Fighting                     ⌘ *Holy Wars, Martyrdom*
- ⌘ Fleeing                      ⌘ *Heavenly Sanctuary*
- ⌘ Competing                 ⌘ *Divine Hierarchy*
- ⌘ Cooperating               ⌘ *Divine Love, Creation*

The following table categorises the sacred, and includes religious and secular aspects.

Sacred and Sacrilegious		
⌘ Rescuing	⌘ <i>Life Precious</i>	⌘ <i>Life Cheap</i>
⌘ Attaching	⌘ <i>Weak Sacrosanct</i>	⌘ <i>Weak Sacrificed</i>
⌘ Asserting	⌘ <i>Actualization</i>	⌘ <i>Decay</i>
⌘ Adapting	⌘ <i>Rhythm of Life</i>	⌘ <i>Absurd death</i>
⌘ Fighting	⌘ <i>Save Humanity</i>	⌘ <i>Dehumanize</i>
⌘ Fleeing	⌘ <i>Holy Sanctuary</i>	⌘ <i>Massacre</i>
⌘ Competing	⌘ <i>Order</i>	⌘ <i>Chaos</i>
⌘ Cooperating	⌘ <i>Fruitfulness</i>	⌘ <i>Disintegration</i>

Survival strategies and their radiations in the depth axis can intersect with social layers from the individual to transnational. For instance, every survival strategy on every level is recruited for war.

You may be surprised that war with all its wanton destructiveness should be seen in the framework of survival strategies. Yet the participants see it differently. They do believe that they are fighting for survival, values, principles, and universal truths.



### Survival Strategies in War

✂ Rescuing	✂ <i>Save the Group, Sacrifice</i>
✂ Attaching	✂ <i>Obey superiors</i>
✂ Asserting	✂ <i>Goals, territories</i>
✂ Adapting	✂ <i>Appease, surrender</i>
✂ Fighting	✂ <i>Kill and Destroy</i>
✂ Fleeing	✂ <i>Flee War</i>
✂ Competing	✂ <i>Conquer and rule</i>
✂ Cooperating	✂ <i>Collaborate, Assimilate</i>

### Conclusion

Survival strategies help us to understand and make sense of many aspects of our daily lives and strivings. They help us understand the manifestations when survival strategies go right and when they go wrong.