









Survival Strategy Components

Appraisal of means of survival	Survival Strategies (click links for more info)	Anatomical Substrate	Adaptive / coping responses				Maladaptive / not coping responses				Trauma
			Biological	Psychological	Social	*Judgments of worth	Biological	Psychological	Social	*Judgments of worth	
1. Must save others	rescue, protect, provide	 thalamus cingulate gyrus	↑estrogen ↑oxytocin ↑opioids	care empathy <u>devotion</u>	responsibility nurture <u>preservation</u>	responsible giving altruistic	ergotropic & trophotropic arousal	burden depletion <u>self-concern</u>	resentment neglect <u>rejection</u>	irresponsible neglectful egotistic	anguished compassion fatigue caused death
2. must be saved by others	attachment protected provided	 hypothalamus cingulate gyrus	?↑opioids	held, cared for nutured <u>looked after</u>	close, secure content <u>union</u>	worthy deserving lovable	↓opioids ↑crf	yearning need, craving <u>abandonment</u>	cling, insecure deprived <u>separation</u>	unworthy encumbrance rejectable	helplessness cast out left to die
3. must achieve goal	assertiveness combat work	 hypothalamus lateral tegmentum	↑e, ↑ne ↓cortisol ↑immunocomp.	strength control <u>potency</u>	will high morale <u>success</u>	strong capable successful	↑↑ergotropic ne depletion ↑bp, ?↑chd	frustration loss of control <u>impotence</u>	willfulness low morale <u>failure</u>	inadequate incompetent failure	exhaustion burn-out powerlessness
4. must surrender goal	adaptation accept grieve	 hippocampus septum	↑trophotropic ↑pit-adrenoc ↑cortisol	acceptance sadness, grief <u>hope</u>	yielding mourning <u>turn to new</u>	pitiful sympathy tribute	↑cortisol ↓immunocomp ↑infection?↑ca	overwhelmed depression <u>despair</u>	collapsed withdrawal <u>giving-up</u>	weak pathetic despicable	damaged given-in succumbing
5. must remove danger	fight defend rid	 hypothalamus med-tegmentum amygdala	↑ne, renin, e ↑pit-adrenoc ↑cortisol	threat revenge <u>frighten</u>	deterrence wounding <u>riddance</u>	brave noble heroic	↑↑ergotropic opioids vary ↓cort	hatred persecution <u>killing</u>	attack eradication <u>destruction</u>	violent wicked murderer	horror evil murder
6. must remove oneself from danger	flight run, hide save oneself	 hypothalamus amygdala cingulate	↑erg & troph ↑da, b-end ? ↑serotonin	fear terror <u>deliverance</u>	retreat flight <u>escape</u>	pitiable vulnerable refugee	ne & da depletion ↑e & ↓cortisol	phobia paranoia <u>engulfment</u>	avoidance panic <u>annihilation</u>	timid panicky coward	inescapable shock being hunted, killed
7. must obtain scarce essentials	competition dominance acquisition	 hypothalamus hippocampus septum	↑testosterone ↑ne & e	winning status <u>power</u>	contest hierarchy <u>possession</u>	superior respected honored	↓testosterone ↓fsh & lh ↑acth	defeat greed, envy <u>exploitation</u>	oppression struggle <u>plunder</u>	inferior contemptible humiliated	terrorization marginalization elimination
8. must create more essentials	cooperation trust mutual gain	 amygdala temporal & cingulate gyri	↑opiates ↓bp, e & ne ↑trophotropic	mutuality generosity <u>love</u>	integration reciprocity <u>creativity</u>	tender poignant beautiful	↓opiates ?trophotropic overactivity	betrayal selfishness <u>abuse</u>	disconnection robbery <u>fragmentation</u>	deceived seduced perverted	disintegration alienation decay

E, epinephrine; NE, norepinephrine; immunocomp, immunocompetence; pit-adrenoc, pituitary-adrenocortical axis; erg, ergotropic system (arousal system including sympathetic nervous system); troph, trophotropic system (relaxation system including parasympathetic nervous system); BP, blood pressure; DA, dopamine; B-end, Beta endorphin; CRF, corticotropin releasing factor; CHD, coronary heart disease; CA, cancer; FSH, follicle stimulating hormone; LH, luteinising hormone; ACTH, adrenocorticotrophic hormone

* Part of moral judgements