The Technology of Survival

Russell Peterson, CMHC

Fear

Fear -->

Fear --------------------------------------> Danger

Fear ---------------------------------------Protect---------------------------------> Danger

Fear ------------------------------------> Danger

Protect
Fight/Flight

Fear ------------------------------------> Danger

Protect

Fight/Flight

Grief

Fear ------------------------------------> Danger

Protect
Fight/Flight

Grief ------------------------------------>

Fear ------------------------------------ Protect ------------------------------------> Danger
Fight/Flight

Grief ---> Loss

Fear ----------------------------------- Protect
Fight/Flight -----------------> Danger

Grief ----------------------------------- Preserve ---------------------> Loss

Fear ----------------------------------- Protect
Fight/Flight -----------------------> Danger

Grief ----------------------------------- Preserve
Honor -----------------------------> Loss

Fear --> Danger

Protect
Fight/Flight

Grief --> Loss

Preserve
Honor

Anger

Fear ------------------------------ Protect / Fight/Flight ------------------------------> Danger

Grief ------------------------------ Preserve / Honor ------------------------------> Loss

Anger ------------------------------>

Fear ------------------------------- Protect -------------------------------> Danger
Fight/Flight

Grief ------------------------------- Preserve -------------------------------> Loss
Honor

Anger ---> Injustice

Fear --------------------------------- Protect ---------------------------------> Danger
Fight/Flight

Grief --------------------------------- Preserve ---------------------------------> Loss
Honor

Anger --------------------------------- Correct ---------------------------------> Injustice

Fear ------------------------------ Protect ---------------------------> Danger
Fight/Flight

Grief ------------------------------ Preserve ---------------------------> Loss
Honor

Anger ------------------------------ Correct ---------------------------> Injustice

Safe

Fear ---------------------------------- Protect / Fight/Flight ----------------------------> Danger

Grief ---------------------------------- Preserve / Honor ----------------------------> Loss

Anger ---------------------------------- Correct ----------------------------> Injustice

Safe

Fear ------------------------ Protect ------------------------> Danger
                            Fight/Flight

Grief ------------------------ Preserve ------------------------> Loss
                             Honor

Anger ------------------------ Correct ------------------------> Injustice

Safe

Fear ------------------------------- Protect -------------------------> Danger
                                     Fight/Flight

Connected

Grief ------------------------------- Preserve -------------------------> Loss
                                      Honor

Anger ------------------------------- Correct -------------------------> Injustice

Safe

Fear -------------------------------- Protect -------------------------------> Danger
Fight/Flight

Connected

Grief -------------------------------- Preserve -------------------------------> Loss
Honor

Anger -------------------------------- Correct -------------------------------> Injustice

Safe

Fear --------------------------- Protect ---------------------------> Danger
                                Fight/Flight

Connected

Grief --------------------------- Preserve ---------------------------> Loss
                                 Honor

Fair

Anger --------------------------- Correct ---------------------------> Injustice

Safe

Fear ------------------ Protect ------------------> Danger
                       Fight/Flight

Connected

Grief ------------------ Preserve ------------------> Loss
                        Honor

Fair

Anger ------------------ Correct ------------------> Injustice

Safe

Fear --- Protect / Fight/Flight ---> Danger

Connected

Grief --- Preserve / Honor ---> Loss

Fair

Anger --- Correct ---> Injustice

Safe

Fear ----------------------------- Protect -----------------------------> Danger
                                 Fight/Flight

Connected

Grief ----------------------------- Preserve -----------------------------> Loss
                                  Honor

Fair

Anger ----------------------------- Correct -----------------------------> Injustice

Safe

Fear ---------------------------------- Protect / Fight/Flight ----------------------------------> Danger

Connected

Grief ---------------------------------- Preserve / Honor ----------------------------------> Loss

Fair

Anger ---------------------------------- Correct ----------------------------------> Injustice

Safe

Fear --------------------- Protect ---------------------> Danger
                          Fight/Flight

Connected

Grief --------------------- Preserve ---------------------> Loss
                            Honor

Fair

Anger --------------------- Correct ---------------------> Injustice

Safe

Fear -------------------- Protect --------------------> Danger
                        Fight/Flight

Connected

Grief -------------------- Preserve --------------------> Loss
                          Honor

Fair

Anger -------------------- Correct --------------------> Injustice

SURVIVAL

Safe

Fear --------------------- Protect ---------------------> Danger
Fight/Flight

Connected

Grief --------------------- Preserve ---------------------> Loss
Honor

Fair

Anger --------------------- Correct ---------------------> Injustice

SURVIVAL

Safe

Fear ----------------------------------- Protect ----------------------------------> Danger
Fight/Flight

Connected

Grief ----------------------------------- Preserve ----------------------------------> Loss
Honor

Fair

Anger ----------------------------------- Correct ----------------------------------> Injustice

Hair Trigger

SURVIVAL

Safe

Fear ------------------- Protect ------------------> Danger
                         Fight/Flight

Connected

Grief ------------------- Preserve ------------------> Loss
                          Honor

Fair

Anger ------------------- Correct ------------------> Injustice

Hair Trigger

⬇

SURVIVAL

Safe

Fear ------------------------------ Protect ------------------------------> Danger
Fight/Flight

Connected

Grief ------------------------------ Preserve ------------------------------> Loss
Honor

Fair

Anger ------------------------------ Correct ------------------------------> Injustice

Hair Trigger

⬇

Delicate

SURVIVAL

Safe

Fear -------------------- Protect --------------------> Danger
                          Fight/Flight

Connected

Grief -------------------- Preserve --------------------> Loss
                           Honor

Fair

Anger -------------------- Correct --------------------> Injustice

Hair Trigger

Delicate

SURVIVAL

Safe

Fear -------------------- Protect --------------------> Danger
Fight/Flight

Connected

Grief -------------------- Preserve --------------------> Loss
Honor

Fair

Anger -------------------- Correct --------------------> Injustice

Hair Trigger

⬇

Delicate

⬇

Easily Broken

SURVIVAL

Safe

Fear --------------------- Protect ---------------------> Danger
            Fight/Flight

Connected

Grief --------------------- Preserve ---------------------> Loss
              Honor

Fair

Anger --------------------- Correct ---------------------> Injustice

Hair Trigger

⬇

Delicate

⬇

Easily Broken

⬇

SURVIVAL

Safe

Fear ----------------- Protect -----------------> Danger
                       Fight/Flight

Connected

Grief ----------------- Preserve -----------------> Loss
                        Honor

Fair

Anger ----------------- Correct -----------------> Injustice

Hair Trigger

↓

Delicate

↓

Easily Broken

↓

Fail Safe

SURVIVAL

Safe

Fear ----------------------- Protect -----------------------> Danger
                            Fight/Flight

Connected

Grief ----------------------- Preserve -----------------------> Loss
                             Honor

Fair

Anger ----------------------- Correct -----------------------> Injustice

Hair Trigger

⬇

Delicate

⬇

Easily Broken

⬇

Fail Safe

SURVIVAL

Safe

Fear ------------------------------------Protect------------------------------------> Danger
Fight/Flight

Connected

Grief ------------------------------------Preserve------------------------------------> Loss
Honor

Fair

Anger ------------------------------------Correct------------------------------------> Injustice

Hair Trigger

⬇

Delicate

⬇

Easily Broken

⬇

Fail Safe

SURVIVAL

Safe **Anxiety**

Fear ----------------------- Protect ----------------------> Danger
Fight/Flight

Connected

Grief ----------------------- Preserve ----------------------> Loss
Honor

Fair

Anger ----------------------- Correct ----------------------> Injustice

Hair Trigger

⬇

Delicate

⬇

Easily Broken

⬇

Fail Safe

SURVIVAL

Safe   Anxiety

Fear -------------------------- Protect ------------------> Danger
                               Fight/Flight

Connected

Grief --------------------------- Preserve ----------------> Loss
                                  Honor

Fair

Anger -------------------------- Correct ----------------> Injustice

Hair Trigger

⬇

Delicate

⬇

Easily Broken

⬇

Fail Safe

SURVIVAL

Safe   Anxiety

Fear --> Danger
$\quad\quad\quad\quad\quad\quad\quad$ Protect
$\quad\quad\quad\quad\quad\quad\quad$ Fight/Flight

Connected

Grief --> Loss
$\quad\quad\quad\quad\quad\quad\quad$ Preserve
$\quad\quad\quad\quad\quad\quad\quad$ Honor

Fair

Anger ---> Injustice
$\quad\quad\quad\quad\quad\quad\quad$ Correct

Hair Trigger

⬇

Delicate

⬇

Easily Broken

⬇

Fail Safe

SURVIVAL

Safe   Anxiety

Fear ------------------- Protect ------------------> Danger
                        Fight/Flight

Connected   **Depression**

Grief ------------------- Preserve ------------------> Loss
                         Honor

Fair

Anger ------------------- Correct ------------------> Injustice

Hair Trigger

⬇

Delicate

⬇

Easily Broken

⬇

Fail Safe

SURVIVAL

Safe   Anxiety

Protect

Fear --> Danger

Fight/Flight

Connected   **Depression**

Preserve

Grief --> Loss

Honor

Fair

Correct

Anger --> Injustice

Cerebral Cortex

Limbic

System

BS

Hair Trigger

⬇

Delicate

⬇

Easily Broken

⬇

Fail Safe

SURVIVAL

Safe   Anxiety

Fear -------------------- Protect --------------------> Danger
                          Fight/Flight

Connected   Depression

Grief -------------------- Preserve --------------------> Loss
                           Honor

Fair

Anger -------------------- Correct --------------------> Injustice

Hair Trigger

⬇

Delicate

⬇

Easily Broken

⬇

Fail Safe

SURVIVAL

Safe   Anxiety

                    Protect
Fear ------------------------------------> Danger
                  Fight/Flight

Connected   Depression

                    Preserve
Grief ------------------------------------> Loss
                     Honor

Fair

                    Correct
Anger ------------------------------------> Injustice

Hair Trigger

⬇

Delicate

⬇

Easily Broken

⬇

Fail Safe

SURVIVAL

Safe   Anxiety

Protect

Fear ---> **Danger**

Fight/Flight

Connected   Depression

Preserve

Grief ---> **Loss**

Honor

Fair   **Rage/Aggression**

Correct

Anger ---> **Injustice**

Hair Trigger

⬇

Delicate

⬇

Easily Broken

⬇

Fail Safe

SURVIVAL

Safe   **Anxiety**

Fear ----------------- Protect -----------------> Danger
                Fight/Flight

Connected   **Depression**

Grief ----------------- Preserve -----------------> Loss
                Honor

Fair   **Rage/Aggression**

Anger ----------------- Correct -----------------> Injustice

Hair Trigger

⬇

Delicate

⬇

Easily Broken

⬇

Fail Safe

SURVIVAL

Safe   Anxiety

Fear ----------------- Protect ----------------> Danger
                        Fight/Flight

Connected   Depression

Grief ----------------- Preserve ----------------> Loss
                          Honor

Fair   Rage/Aggression

Anger ----------------- Correct ----------------> Injustice

Guilt

SURVIVAL

Safe   Anxiety

Fear ------------------- Protect ------------------> Danger
                         Fight/Flight

Connected   Depression

Grief ------------------ Preserve ------------------> Loss
                         Honor

Fair   Rage/Aggression

Anger ------------------ Correct ------------------> Injustice

Guilt ------------------------------------>

SURVIVAL

Safe   Anxiety

Fear ------------------ Protect ------------------> Danger
                         Fight/Flight

Connected   Depression

Grief ------------------ Preserve ------------------> Loss
                         Honor

Fair   Rage/Aggression

Anger ------------------ Correct ------------------> Injustice

Guilt ------------------------------> Wrongdoing

SURVIVAL

Safe   Anxiety

Fear ------------------- Protect -------------------> Danger
                        Fight/Flight

Connected   Depression

Grief ------------------- Preserve -------------------> Loss
                          Honor

Fair   Rage/Aggression

Anger ------------------- Correct -------------------> Injustice

Guilt ------------------------------> (Wrongdoing)

SURVIVAL

Safe   Anxiety

Fear -------------------------Protect------------------------> Danger
                            Fight/Flight

Connected   Depression

Grief -----------------------Preserve-----------------------> Loss
                              Honor

Fair   Rage/Aggression

Anger ----------------------Correct----------------------> Injustice

Guilt ------------------------------------> (Wrongdoing)
                                              Novelty

SURVIVAL

Safe   Anxiety

Fear ---------------- Protect ----------------> Danger
                      Fight/Flight

Connected   Depression

Grief ---------------- Preserve ----------------> Loss
                       Honor

Fair   Rage/Aggression

Anger ---------------- Correct ----------------> Injustice

Guilt ---------------- Evaluate ----------------> (Wrongdoing)
                                                 Novelty

SURVIVAL

Safe   Anxiety

Fear ----------------------- Protect ----------------------> Danger
Fight/Flight

Connected   Depression

Grief ----------------------- Preserve ----------------------> Loss
Honor

Fair   Rage/Aggression

Anger ----------------------- Correct ----------------------> Injustice

Guilt ----------------------- Evaluate ----------------------> (Wrongdoing)
Novelty

SURVIVAL

Safe   Anxiety

Fear ------------------------- Protect ------------------------> Danger
                               Fight/Flight

Connected   Depression

Grief ------------------------- Preserve ------------------------> Loss
                                Honor

Fair   Rage/Aggression

Anger ------------------------- Correct ------------------------> Injustice

Integrated

Guilt ------------------------- Evaluate ------------------------> (Wrongdoing)
                                                                    Novelty

SURVIVAL

Safe   Anxiety

Fear ------------------- Protect ---------------> Danger
                        Fight/Flight

Connected   Depression

Grief ------------------ Preserve ---------------> Loss
                         Honor

Fair   Rage/Aggression

Anger ------------------ Correct ---------------> Injustice

Belonging

Guilt ------------------ Evaluate ---------------> (Wrongdoing)
                                                    Novelty

SURVIVAL

Safe   Anxiety

Fear ------------------Protect------------------> Danger
                       Fight/Flight

Connected   Depression

Grief -----------------Preserve-----------------> Loss
                       Honor

Fair   Rage/Aggression

Anger -----------------Correct-----------------> Injustice

Belonging

Guilt -----------------Evaluate-----------------> (Wrongdoing)
                                                  Novelty

Sociopathy

SURVIVAL

Safe   Anxiety

Fear ----------------------- Protect -------------------> Danger
                             Fight/Flight

Connected   Depression

Grief ----------------------- Preserve -----------------> Loss
                              Honor

Fair   Rage/Aggression

Anger ----------------------- Correct ------------------> Injustice

Belonging   Neurosis

Guilt ----------------------- Evaluate -----------------> (Wrongdoing)
                                                          Novelty

Sociopathy

Implications for Suicide Prevention

Implications for
Suicide Prevention

- Many defenders and first responders are socialized to avoid emotion for fear of appearing "weak."

Implications for Suicide Prevention

- Many defenders and first responders are socialized to avoid emotion for fear of appearing "weak."
- As a result, problems are left unresolved and connections are neglected at fundamental levels.

Implications for
Suicide Prevention

- Many defenders and first responders are socialized to avoid emotion for fear of appearing "weak."

- As a result, problems are left unresolved and connections are neglected at fundamental levels.

- Problems intensify when unresolved, especially when key systems "fail safe" into over-function.

Implications for
Suicide Prevention

- Many defenders and first responders are socialized to avoid emotion for fear of appearing "weak."

- As a result, problems are left unresolved and con-nections are neglected at fundamental levels.

- Problems intensify when unresolved, especially when key systems "fail safe" into over-function.

- A suicidal crisis is almost always a manifestation of survival systems (e.g., emotions) over-functioning.

Implications for
Suicide Prevention

- Many defenders and first responders are socialized to avoid emotion for fear of appearing "weak."

- As a result, problems are left unresolved and connections are neglected at fundamental levels.

- Problems intensify when unresolved, especially when key systems "fail safe" into over-function.

- A suicidal crisis is almost always a manifestation of survival systems (e.g., emotions) over-functioning.

- The greater the crisis, the greater the barrier to getting help for fear of appearing "weak."

Implications for
Suicide Prevention

- Many defenders and first responders are socialized to avoid emotion for fear of appearing "weak."

- As a result, problems are left unresolved and connections are neglected at fundamental levels.

- Problems intensify when unresolved, especially when key systems "fail safe" into over-function.

- A suicidal crisis is almost always a manifestation of survival systems (e.g., emotions) over-functioning.

- The greater the crisis, the greater the barrier to getting help for fear of appearing "weak."

- At its core, the Technology of Survival is a simple modality for reframing emotion and its over-function in terms of the core strength of survival.

Implications for
Suicide Prevention

- Many defenders and first responders are socialized to avoid emotion for fear of appearing "weak."

- As a result, problems are left unresolved and con-nections are neglected at fundamental levels.

- Problems intensify when unresolved, especially when key systems "fail safe" into over-function.

- A suicidal crisis is almost always a manifestation of survival systems (e.g., emotions) over-functioning.

- The greater the crisis, the greater the barrier to getting help for fear of appearing "weak."

- At its core, the Technology of Survival is a simple modality for reframing emotion and its over-function in terms of the core strength of survival.

- Culture shift: "Your survival systems and mine are so well designed they won't quit. They can't."

Implications for
Suicide Prevention

- Many defenders and first responders are socialized to avoid emotion for fear of appearing "weak."

- As a result, problems are left unresolved and con-nections are neglected at fundamental levels.

- Problems intensify when unresolved, especially when key systems "fail safe" into over-function.

- A suicidal crisis is almost always a manifestation of survival systems (e.g., emotions) over-functioning.

- The greater the crisis, the greater the barrier to getting help for fear of appearing "weak."

- At its core, the Technology of Survival is a simple modality for reframing emotion and its over-function in terms of the core strength of survival.

- Culture shift: "Your survival systems and mine are so well designed they won't quit. They can't."

- "Since you're not broken, you don't need to be 'fixed.' Instead, let's fine tune a few things."