

# Survival Instinct

The survival instinct is one of the basic human instincts. Thanks to it we brake at a red light, we don't want to walk through dark alleys at night and we get up in the morning in order to go to work, which not necessary makes us happy.

Survival Instinct is a complicated mechanism of an unconscious reaction, and although it completely determines animals' behavior, humans are the only creatures on earth that can resist it. Some people learn how to stay resistant because of the nature of their profession and others in order to be able to save their own or someone else's lives. Others learn it because they feel pleasure while overcoming their own weaknesses or challenging danger and yet others because they simply need the extreme emotions.

Statistics confirm that women's survival instincts are much more developed than men's. One reason for this difference is because of potential motherhood, which requires more caution related to life. However, the reactions of children in emergencies, like the reactions of animals, do not operate logically but intuitively.

**Successful businessmen, athletes, police officers, soldiers, leaders of political parties and various organizations underwent similar training, although they were identified under different names.**

Survival instinct cannot be completely eliminated, but it can be partially weakened for a certain time and in certain situations. At first, the instinct manifests itself in the form of feelings of fear, which is a natural ally in small portions, but in a deregulated form it frequently affects other areas of life and it might hinder the activities of daily living. Fear of the unknown, the future, of communicating with other people, the loss of loved ones or loss of health are common symptoms of survival instinct that is too much awakened.

To be able to turn off these harmful feelings at the right moment we should begin by "learning to not be afraid." It means to be able to switch on previously developed mechanisms to defy the natural reflexes of fear that would work effectively in difficult or


extreme situations.

In contrast to the animals we have a choice because our consciousness affects the instinct. Therefore, we can proceed as we find appropriate, especially when our health and wealth is at stake.

All this can be learned by taking part in special training, which until recently was reserved for specific groups. Successful businessmen, athletes, police officers, soldiers, leaders of political parties and various organizations underwent similar training, although they were identified under different names. Today, types of sessions like these are called Personality Development Coaching and Training. The way these sessions are carried out and the choice of the program material used is characterized by the fact that each participant finds the information and the techniques that are needed to achieve their objectives.

The twenty-first century is a time of informational revolution, in which the winners in it will be those who are the first to find ways to adapt to their new reality and be the first to learn how to use their full potential.

R. Mazur

**COACHING**   
**SYSTEM**  
**Algorithm of Success**

**We are what we think we are!**

**We are what we believe we are!**

**We are what we judge ourselves to be!**