

How Primitive man is creating our modern problems

Has man truly evolved yet to his surroundings, if so then why is it that with so many comforts of modern life at the tips of our fingers such as instant communication with mobile phones and the internet, being able to travel to far off destinations in the same day, public transport and many of us owning our own transport. So why are so many people suffering from stress related symptoms such as Anxiety Disorders, OCD, IBS and Depression, Depression being different than the rest but a growing modern problem none the less, and while this is only a small collection of the many stress related problems that seem to be on the rise. So what is happening in this rapidly changing modern life we live, what is happening is that many of the primitive instincts of primitive man have not evolved as quickly as the imagination of man, that imagination having created the many benefits of modern life. So to explain what is happening we must go back into the past and take a look at how our caveman ancestors lived and survived, they survived with the basic instinctual responses they were born with, of stay and fight or run and survive to fight another day and it is this response to the environment through the information taken in through our senses that still today reacts but irrationally to a perceived danger or illogical fear. So why is this happening now even though we have developed a thinking planning mind, what is happening is that same primitive part of us that reacts before we can rationalise what is happening, that special part of our brain that is lightning fast, that part of the brain is called the amygdala this our own pattern and association matching system and while it is amazing how it works to keep us safe it is not perfect, as it will match with something similar then when it has done that it will match with something that is similar to the similar therefore creating a generalization, and where do we hear the term general used these days to describe a symptom (GAD) general anxiety disorder. To describe how this happens in another way lets us say someone has a experience of something frightening where they felt some fear then they experience something that seems a little similar, now the amygdala fires off the alarm bells to run or fight because it has matched this experience to the previous fearful one and if the fear is not needed no action is required to be taken. So the thinking rational mind goes why do I feel afraid and this arousal of fight or flight energy has no outlet or purpose and takes time to fade and each time this pattern is matched to the first or previous experience creating a fear of the fear this can also be brought on with our own imagination. Bringing us to the imagination and how it plays a part in our modern problems, imagination is what helped us to evolve and where everything around us was created, everything is first created in the imagination, so how does this wonderful imagination give us modern problems. Everything you see with your eyes is only a image reflected inside from the outside just like a camera that takes a picture and reflects the exposure of the outside onto the film, so anything perceived in the imagination is just as real, as we are projecting this image on the same movie screen of our mind, and by imagining something may happen we are creating images that the amygdala believes to be a real danger, setting off the natural survival warning system of the fight or flight response with raised heart beat, sweating, not being able to think straight because more blood is rushed to the muscles to ready us to move quickly. However no real danger is there for us to respond to and we are left with this arousal state as said before that takes time to fade leaving us afraid or anxious, because we don't know why we feel this way. So now we understand that anxiety is caused by primitive instinctual responses we are born with that also are used for us to

learn everything we know , because all information is stored here in the unconscious mind to create patterns and associations for understanding our world and that is why our lives and behaviours become a reflection of our experiences both good and bad . All information is taken in from the world around us and then sent into the unconscious resources of experience to search for meaning and that meaning is only our perception as all understanding is only from our learned experience . So what can we do with this knowledge to rid ourselves of primitive man's reactions that are causing us such difficulty . What we do is we seek out a therapist that we feel comfortable with who is capable to work quickly on the cause and reactions we are having , I say quickly because depending obviously on the complexity of the initial sensitising event and how subsequent similar events that may be generalised it should be quick , that part of you brain learned how to make you feel this way quickly so it has the ability to unlearn it just as quickly , after all it is only interested in your protection and survival . Your brain never came with instructions only a basic programme to met your needs for survival . So a therapist who is flexible enough to work in many ways will give you the quickest results because if the therapist has only one way of working you will have to fit the therapy they offer and they may get stuck trying to prove their therapy works at your expense , that is not to say that one therapy is not the solution and will not give equally good results , but having more options can often mean success . Feed back is the most important part for change to happen because this is when you discover if the technique you are using works , so there is no such thing as failure only feed back and with this vital feed back you can be guided on the right course of action .

Therefore the therapy should fit the client not the client fit the therapy . People who need help to overcome these modern problems are not broken they never were and as you can see here it is our primitive instincts we are born with that are working so perfectly well in your best survival interest that are only responding to generalised patterns being matched outside your awareness at an unconscious level . So I hope I have pointed out here , that is it not time to seek out the help or guidance you need to rid yourself of this limiting response you have been having that is holding you back from the life you deserve , or is it that Irish people have got to wait another ten years or longer until it is fashionable or a sign of status to seek help like in America .