

Survive vs. Thrive



Surviving - fear-filled experience

When you are experiencing fear, even if unconscious of it, the tendency is to contract and strengthen protections around you. Much of this process is unconscious and the patterns so ingrained that you don't even know it is happening. There are some broad categories of fear-based reaction, which I generically refer to as Survive Reactions, **fight** and **flight** are very instinctual, based in the amygdala of the brain. **Freeze** and **fabricate**



Thriving - growth-full, expansive and power-filled state

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Abstract

We can operate from fear-based survive reactions or from love-based thrive response, the basis of our personal power.

Keywords

Act, attend, assert, authenticate, fabricate, fight, flight, freeze, personal power, survive (fear-based) reactions, thrive (love-based) responses

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are higher brain level reactions. These all carry a short-term focus, are reactionary and at best could be considered tactical. Thrive Responses are based on consciously making choices that are longer-term focused, are based on love rather than fear, and have the

For more information related to themes in this article, refer to chapter 5 (Survive Reactions) and chapter 9 (Developing Personal Power) of: Harrison, S. G. (2012). [Appreciate the Fog: Embrace Change with Power and Purpose](#). Auckland, New Zealand: Xlibris Corporation.

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potential of creating positive results into the future. The individual thrive responses are **assert**, **attend**, **act**, and **authenticate**. By recognising when a survive reaction is being used, you can develop a capacity to intercede and

choose a thrive response, and create different results. Through practice in developing awareness and owning your ability to choose your own actions, your quality of life can change and your personal power will increase.