

4. Evolutionary factors that can get in the way

Evolution has provided us with survival strategies that enable the human race to survive but which are not always in tune with the bigger picture.

Survival Strategies	Examples you think illustrate this
a) For example, our brain has been programmed to separate the world into what belongs to 'me' and what belongs to the 'other'. Our ancestors needed to learn to do this in order to protect their own tribe and keep out of the way of other possibly hostile tribes. However, as we have seen, everything is inter-related and interdependent, so it is not possible to make such neat distinctions.	
b) Our brain has been programmed to maintain stability in order to keep things in balance and provide the right environment for bringing up	

<p>children. But in fact, everything keeps changing and stability is only ever temporary.</p>	
<p>c) The way we have evolved as a species makes us approach opportunities and avoid perceived threats in order to protect ourselves and escape from situations that threaten our survival. However, life shows us that not all opportunities turn out to be beneficial, and not all threats can be avoided.</p>	
<p>d) Our ancestors learned quickly that banding together in tribes increased their chances of survival and so it was a natural progression to want to care for and nurture other members of the tribe. This is still the prevalent attitude in most societies today – showing kindness and compassion to our family and friends is relatively easy but reaching out further than that small circle is much harder.</p>	