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Stress (PTSD) as a natural mechanism of situation solution and personal changes in conditions of the abrupt change of circumstances

Relevance: During the war, practical mechanisms for coping stress and preventing PTSD are the most relevant.

Introduction: The huge number exists of models for getting into extreme situations. The large amount of researches exists as well that interconnect near-death and stress situations and holistic states of consciousness. For many years we have been considering and hypothesizing (conceptualizing) that the holistic state of insight is not a consequence of a stressful situation, but precisely a basic mechanism of problem-solving in a stressful situation, directly related to the creative one. It is not the destruction of personality by "stress", it is its salvation. Stress itself is a mechanism of attracting attention to a stressful situation.

A person experiences insight not just because he/she is under stress; the insight is a side effect of stress or dangerous situation. Conversely, the "stress" itself is a complex mechanism for turning on the insight state in situations where it is necessary to make decisions literally in a fraction of

a second, as well as apply them as if under inspiration, as if it was made itself. As if inspiration itself raised our hands.

What we call stress is the mechanism of launching solution of a stressful situation and identity changing (behavioral model), which did not cope with this task.

This is the mechanism of actuating what we call the "subconsciousness".

we use this mechanism for goals of humanity that are not related to an acute survival and extreme situations, we call this process creativity.

We learned to control this process in the creative work, which made us human beings and species.

Even B. Teplov in the Soviet times in his book "The Commander's Mind" highlighted the exacerbation of consciousness of some people in critical situations [cit. by 1].

If we learned to consciously use this possibility of the exacerbation of consciousness in critical situations, many problems would be solved!

Objectives of the article: The stress is considered as a mechanism of problems solving, like creativity, but the problem is caused by the life itself.

The general objective is to create a general model of human behavior that would allow creating accurate computer models of human behavior based on research data, as it is done in weather models; when, on the basis of a large number of sensors and various researches, weather models are created and determined.

In the article we are trying to simplify and improve the general model of human behavior in extreme situations, as well as evaluate the behavioral models of extreme sports that have become popular, and summarize their experience of survival obtained in situations on the verge of death, where the same situations on the verge of death are used, but for pleasure and relaxation. In fact, e. g., on high-speed motorcycles people crash and are in accidents in the same proportion as people in front-line zones (at a speed of 260 kilometers per hour the motorcycle is the actual Russian roulette). Why one person has PTSD, and another person feels enthusiastic after 105 falls, hits the marbles at a speed of 160 kilometers per hour and confirmed the death of friends?

Why Victor Frankl did wrote a book in a concentration camp; Ivan Bagryany, Daniel Andreev, or even Alexander Solzhenitsyn experienced ecstasy in deathful situations and tortures in concentration camps and created works of genius right in prison or immediately after prison, while other people suffered all their life? Why Vadim Boyko did attempt over

five escapes from fascist concentration camps, creating memoirs about it, and lived a bright successful and happy life according to his words in the interview? Why is it horror for one person and bright life for another person? Why does one person remember suffering, while another person remembers feelings of happiness in the same war, although he/she experienced a lot of bad things at the same time?

The aim is to fully use the stressful situation beyond cultural restrictions.

The objective is to form a behavioral model that would allow to the maximum extent use natural activation for decision-making; learn to use stress and extreme situations for awakening abilities, sharpening mind in a dangerous situation.

Definitions in the article: "Stress" is understood here as a mechanism of attracting hyperattention to the problem. It turns on when an instant solution of a problem is required, expressed in an instant action (inspiration). The mechanism of action in circumvention of the mind and conscious solution through insight states: instant awareness of how to act. As we instantly throw up our arms against a thrown stone, we instantly take action as well.

Concept of the problem-solving mechanism operation in life. Currently, psychologists have performed great many surveys of people who have survived near-death experiences. Today, everyone survivor of a catastrophe or extreme states has the opportunity to answer the questions of psychologists.

This provided an opportunity to draw attention to the rather rare, but already known for thousands of years "near-death hypermnesia", which is the memory of the entire life at the moment prior to an imaginary or real death or in the event of mortal danger, asphyxia, death fatigue, etc. [see 1].

It emerged that in a fraction of a second a person can relive an entire life, as it were, with its thoughts, feelings, vision, knowledge, actions (MLR – Momentary Life Review); it arises in the mind [see, e. g., the review of visions of the entire life in the work of R. Noyes and R. Kletti "Panoramic memory: a response to the Treat of Death", 15]. According to J. Holden, over 800 books and articles are dedicated to the analysis and description of the MRL. In our surveys and speeches, we constantly come up against such situations; in large groups of adults, frequently some people have experienced this.

This state is also typical for epileptics, who frequently experience asphyxia. It exists even with people who do not experience the near-

death state, but whose brain rhythms resemble this state. Some yogis are able artificially reach this state and remember even their infancy or never forget what they have seen or read.

Among those who experienced a sense of inevitably imminent death, this number can reach 13% or more [R. Noyes stated that 60 persons out of 205 respondents who survived the life-threatening, described a lifetime vision, it is almost the third part], although these estimates are different and can fall to 3% or less [The inquiry of Gallup Fund showed that from 15 million respondents 1.7% confirmed the experience of the "Momentary Panorama of the Past"; in the works of Knoublauh, Lommell, Fenwicks and others, related to NDE, the studies of patients who suffered myocardial infarction or clinical death give figures from 4 to 15%]. It probably depends on age and other thousands of conditions. These inquiries may be repeated more than one thousand times, until a standardized questionnaire of psychologist appears, being applied to all who have survived the near-death experience. These questionnaires already exist in many countries.

In other words, people may experience stress in different ways and feel a variety of sensations.

Persons experience time dilation, other persons experience acceleration. There are people who describe the disappearance of time.

We are interested here in the holistic experiences of an entire life or of its pieces, which are similar to the descriptions of creators; who can feel at the moment of insight the feelings of the work in a compressed form.

Memories of Mozart, Beethoven and a great many outstanding creators are kept, indicating such feelings in the state of insight experience.

So, the near-death experience is similar to the creators' insight, which makes it possible to assume that this is the same mechanism. It means that in the near-death state, the same solution of problem operates as in the creative work. And it culminates in inspiration, which is some complex action beyond the mind.

According to the MRL survivors, it almost always carries a positive statement and positive state despite a negative situation.

It can be assumed that we solve a critical problem in the same way as a creative one, only in an accelerated form, due to hyper attention to the deadly situation.

It can be assumed that the more this attention is, the greater the possibility is of instant insight viewing of the entire life as a condensed experience; so that we could see the exit. Many persons who experienced

the holistic experience of life stated that they had time during this timeless instant to decide how to act, and even act faster than their brain can think in its normal state.

In principle, any run of antelope away from a tiger among the brushwood with a complex instant change of direction demonstrates the same instant decisions and actions.

We assume that this is a typical decision-making mechanism in complex situations.

In other words, the stress is essentially a mechanism of decision-making and subsequent instantaneous actions in complex situations, where the action is linked to insight.

Another feature of the holistic states known from hypnosis and yoga, is a personality change. This can be either strengthening of personality or identification with the Ideal.

Strengthening of personality in inspiration, often observed and described by yogis, is the most easily explained case. The instant combining memories over the entire life strengthen all own experiences, both good and bad.

The second is a feeling of complete identification, confluence with something. When identifying with the Ideal and concentrating on it, a person feels oneself as an Ideal up to the appearance of stigmata. We for a moment become like the Ideal, confluence with this Ideal.

The third is orders to self-change. The society enters into a trance with recurring rhythm, flickering lights, long slow melody within an hour. And then "rituals" begin: "You are an artist Repin", "you are the world chess champion", "you are wonderful warriors winners", "you are Gods", "you are good communists", etc. V. Raikov [4-9] considered in detail the issue of personality transformation under hypnosis and carried out many well-known experiments.

Basically, a sudden concentration on impending danger or falling into shock is the same trance. It is another matter that it should end with a positive suggestion, order or example. Somebody is needed who would say: "You are warriors winners, Soho! Hit him! " or would rush to the attack, so that the mind would easily imitate him. Otherwise, the simplest instincts will trigger: hit or run away.

Even a mantra repeated millions of times under stress, may become a point of self-suggestion. Even the repeated name of God the Winner, the mantra of name, may become a call for a trance-like personality change. Even the hysterical cries of the political officer can lead to personality

change in stress and trance. In trance, a person can become fast and tireless, create things which were impossible and unrepresentable for him/her earlier.

The main thing is that the human conscience has a clear order and example what to catch on.

It is also important for overcoming PTSD, that a person remains a winner and does not want to change the past.

Apparently, an instantaneous adrenaline rush in danger and a splash of feelings, attention to danger, etc., sets the task to our inner holistic consciousness-subconsciousness; but the holistic consciousness, when breaking through, as inspiration, can change our personality forever, as a mountain sill flow changes courses, mountains, slopes and valleys.

Similarly, the adrenaline rush in shock should be directed to action. It is impossible to leave it unfinished in the fear state.

If, after experienced fear caused by an explosion of bombs, people are sent to attack, then the last one will be the attack with a cry of "Hurrah!" and with the ecstasy of escaping feelings.

Formerly, when falling from a horse, while learning to ride a horse, it was always necessary to immediately ride it again; otherwise the person could never ride it again. If the person saddled a horse, he/she would begin taking enjoyment in overcoming oneself even with a pain.

So teenagers, after experienced danger, suddenly begin to laugh to tears and assure that it was cool. Soon they will tell that they did not run away headlong from the guard, but he was so frightened that he was running away firing back from them. And in a few days of such stories you will know ...

The memories exist of how the entire prison shuddered with laughter during terrible tortures and daily shootings in 1937 [Ivan Bagriyniy describes this in his world-known genius book "The Garden of Gethsemane"].

They keep a positive feeling of danger. The kids will start crying. Stress and weakness will be fixed.

A flash of feelings and experiences related to a sudden deadly danger essentially can be considered as an entry point into trance or hypnotic state. So, in the state wherein people become insensible to pain, fast as in hypnosis, patient in expectation of catatonia, when they can hold the "Stand still" pose as much as suffices; e. g., lie down with head and feet on different chairs, hanging body in the air. Is it possible that hypnotic phenomena demonstrated by V. Raikov and other persons are a reaction

of freezing behavior to danger, when it is necessary to freeze instantly to become indistinguishable for a predator and not attract its attention, and at the same time be able to fight or escape if predators will notice?

From now on, due to the high relevance of the situation in the face of death, all markers of this situation may become markers of falling into trance or hypnosis. Flashbacks (instantaneous reset of memory, skills, reactions that allowed to solve a deadly situation), flashes of reactions in that situation, flashes of actions in that situation: evolutionarily is a completely normal natural situation of returning skills, experiences, reactions, abilities, attitudes of personality offering an opportunity to solve the situation. It is stated that in hypnosis a person can be returned to seven years, to a year, to half a year of life. His eyes can float like eyes of a baby (which cannot be imitated in any conscious way), a person's handwriting may change, like of a seven-year-old child (which is impossible to fake), his/her brain rhythms can change into the structure of children's brain rhythms, quality of voice can be changed, in some experiments even acquired pathologies of vision temporarily disappeared [the similar experiment was described by D. Grinder and R. Bandler in the book "Formation of Trance": they describe the method of curing myopia through the age regression to a childhood, when the patient had normal vision, followed by "adulthood" with preservation of the effect of normal vision; "I return them in former times, I carry out the age regression: the patient presents oneself at the age when he/she did not wear glasses ..."; there is even an episode of loss of chromatic vision under hypnosis by Milton Erickson, 11]. In other words, a person resets skills and habits during a successful solution of a deadly situation (for a once survived organism, this is a successful strategy if he/she cannot solve it personally and is still afraid).

Therefore, it is very important to close and finish such trance states with "Victory rituals," "military affirming rituals", "expression of positive emotions: Urraaah! We won ...", with a laugh that defuses tension, and with positive suggestions. Since, like a hypnotic trance state on click, similar states will emerge, in response even to situation markers, and not just to threats; it is important that this flashback would be positive and victory affirming feeling. When I (while riding a bicycle) am suddenly attacked from the back by a pack of stray dogs, and, after being hit by feelings impact on nerves, I disperse them and win with a baton picked up, so that they run away with tails off; then if it happened in the forest or on the road, I can enthusiastically shout something childish: "I won! Oooo!" – I don't have a negative shock remaining, but a positive feeling of the winner's euphoria

(a swing of feelings from negative ones). In the future, as a result of such an attack situation, I will feel the winner's euphoria. No matter how many I ride the bicycle through these packs (up to a dozen of packs in the village) I disperse them with my boot without negative feelings.

People who deal with dogs in the village practically do not pay attention to them, even women and children; while in the city a dog without a collar and muzzle may cause hysteria even in an adult man. Stress that has been experienced several times with a positive emotion of victory ceases to be a stress.

Why a repetitive stress is not stressful? Why stress with a positive ending is not a stress affirming happiness? Why does even a simple repetition of the trauma history to a psychiatrist help fight with PTSD?

In the war, in circumstances of danger, positive rituals of situation resolution must exist. Sometimes, farewell rituals include strong positive affectivity.

It is possible to talk about the transformation of stress into positive rituals. In ancient times, even prayer, war dance, cries, hymns, military threats, swears, self-buckling, self-conviction in victory, etc. could serve as such a ritual after stress.

A parachute jump causes the strongest stress in a beginner, while an experienced instructor feels euphoria, and the very experienced instructor even feels indifference. The first entrance on the scene may cause stress, the hundredth one may cause euphoria. The first jump from a springboard causes stress, the thousandth one causes nothing but pleasure or simple attention of masters of sport.

When we acquire competence to resist a certain danger, then after repeated situations of victory, it can cause pleasure (adrenaline dependence). And if we calmly repeatedly solve it, then it generally loses any affectivity, like riding on the road. Nevertheless, the road danger is incessant, we accept this danger if we can withstand it.

Stressful situations can be a source of development, as far emotions are polar, and tears may be replaced by hysterical laughter and laughter by tears, hate – by love, and love – by hate, fear – by rage.

The stressful situation of winner did not become a factor of hypnosis, unless as an attitude to hypnosis on the winner. The stressful situation may secure a winning behavior and serve not to PTSD, but to development; therefore, it is not important the situation itself, but the reaction. And the experience of some champions, who simply do not remember their defeats and are confident of victories, says that even in defeats a fairly

mental, calculated and brightest victory is sufficient to do not remember defeats and win.

Yoga says: "The thinking of defeat is already defeating ..." [18]. For Yogis with absolute memory for feelings and thoughts, it is important do not admit even the thought of defeat, in order to win. This is the psychology of champions, fighters: they should be focused only on victory. Scientists and creators, who spend up to thirty years developing theories, should be targeted exactly in the same way to win.

Discussion. Brain disorders as a result of the launch of extreme mechanism of solving problems when surviving:

In our model, part of "mental disorders" is a manifestation in the waking phase and in the life of that problem-solving mechanism, which is usually hidden behind creativity (incubation of creativity) and sleep. I. e., the separation between waking and sleeping phases of problem-solving actually disappears, and confine of sleep and wakefulness disappears. In fact, this is the imposition of sleep and wake without turning off the body and "Me". This is an uncontrollable inspiration mechanism in real life. Actually, the manifestation of inspiration and genius, but uncontrollable.

In fact, the majority of the so-called non-genetic non-degenerative (without evident and undetectable injuries) mental disorders since the discovery of that confine of sleep and wakefulness can be infringed, cannot be considered serious and incurable diseases, and are essentially a direct activity of the "processing mechanism" of consciousness in the awake state of an individual, and not in sleep.

This is essentially the awakening of the creative mechanism. This is the insertion of a direct problem-solving mechanism, or the disturbed confine of sleep and wakefulness, when the body does not turn off during sleep, and sleeping mechanisms do not turn off when awakening. It is evidenced by the delta rhythms flash in the wakeful state, as in creative inspiration. Anna Wise noted that, through the learning of delta rhythms control by feedback, she eliminated features of evident "mental disorders" [11]. And V. Samokhvalov [13] cited cases where, when handling and learning the professional creativity, pathological features disappeared, turning into creativity. For centuries, meditation in Buddhism has been successfully teaching the management of the hypnagogic state to get access to internal resources. Many yoga directions teach to self-control not only using special exercises, but they also relieve the simplest disorders using valerian and sedatives, which enables to learn the self-control without exciting and activating all brain resources inherent in the extreme

state. Many psychiatrists generally noted the disappearance without trace and treatment of supposedly incurable and irreversible features, without mentioning successful religious figures and even leading scientists, such as Vladimir Vernadsky.

These simple explanations of mental disorders as destruction (sometimes temporary violations) of the disturbed confine of sleep (processing mechanism) and wakefulness, as well as simple means of eliminating them, instead of supposedly incurable mental diseases, and proximity to creative ecstasies and skills may lead to that in the future it will all pass to psychology or neuropsychology.

We believe that majority of violations of the confine of sleep and wakefulness, which are now interpreted as mental disruptions of various kinds, are based on PTSD (of a similar kind), i. e., some unsolved problem, anxiety to something that causes activation of the mechanism of solving problems in the waking state. This is not a consequence of the brain destruction, it is a consequence of the fact that a person could not cope with something; and life under permanent stress caused the actuation of a direct problem-solving mechanism (bypassing rational thinking and personality-model) right in the waking state, as in an extreme situation or deadly danger. This is actually a manifestation of "talent" rather than disease. Only the tasks here are set not by a human being, but by life, and the solution is referred to survival.

This mechanism itself is not pathology, but a mechanism of solving problems and creativity.

This cannot be called pathology, because with the usual disengagement of the body it would be just asleep. And when learning how to manage it, this would be creativity. A huge part of creators creates in half asleep (slumber) and learns to control half-sleep and sleep. For them, such states would be a common slumber (creative slumber), and they would still be happy about an unusual thought, unusual picture, unusual situation and would think how to bring it into creative work. Any creator, scientist, religious person, Buddhist, yogi easily distinguish such internal states from reality; more properly, it cannot come into their mind to consider their inner world a reality. E. g., due to eidetism, the "inner world" of Nikola Tesla, where he created his instruments and inventions, was completely indistinguishable from the reality in detalization, but he never confused worlds where he could create with his imagination in sleep, half asleep or with open eyes with the external world outside his consciousness.

I. Korsakov reported on the case, when with open eyes he could voluntary build an imaginary picture on top of a real one; i. e., imagine clear images with open eyes anywhere in reality [12]..

Conclusions: "Stress" is not only the preparation of the body for physical action. It is also a mechanism of setting a problem to the consciousness or brain, and mechanism of solving complex unsolvable problems in creative inspiration (plus personality transformation). The information processing, which was usually carried out in sleep and for a long time, for years in creative work, is done quickly in deadly danger and in a waking state. In deadly danger, a person experiences such attention, feelings, and adventures that the treatment starts immediately. But, since the danger is usually a split second, it is also a mechanism of bypassing ordinary thinking, attitudes of personality and trance states that require the mobilization of all forces of the body in impossible modes. Because in a deadly situation, it is necessary to win at any costs, even losing half of life and tearing ligaments, as no other chance will be. That's the deadly situation. The organism mobilizes everything possible, transforms everything, including the personality, and leaves forever the solution of deadly danger, so saying, "in speed dialing", to instantly discard the already passed solution. Since these things cannot be left just so, it is necessary to secure with the winner's rituals, positive feelings, discharge or self-discharge of adrenaline, immediate transforming into action. So a person having tumbled off a horse, immediately sat on it, experienced the fear of bombing, attacked the enemy with a cry of "Hurrah!" or began to shoot; was injured, on the instant laughed through tears, etc.

In particular, many geniuses describe their experiences of seeing the whole life in deadly or pre-death states; and this is unlikely a mere coincidence: their mechanism of genius turned on. We show in [1] how some geniuses specially organize this state for themselves. From innocuous breath-holding in swimming pools to duelists, military veterans, racers, pilots, adrenaline addicts, athletes. They do not have PTSD, they are addicted to danger and use it as a shake-up for creativity. The same situation can be used absolutely in different ways. For some people stress is stressful, but for others it is a creative drug. How many writers wrote works of genius and became geniuses after the war! The former military Leo Tolstoy; duelist Pushkin; military and duelist Lermontov; hunter, rebel Nikolai Gumilyov; a survivor of the shipwreck, war and hundreds of dangerous expeditions Ellen Blavatskaya; military, hunter Hemingway; deceased pilot Saint Exupery, former military

Remarque; military Sholokhov; children's military writer Arkady Gaidar, who commanded a regiment at the age of sixteen; Ivan Bagryany, who appeared both in the revolution and the Second World War – that thing which caused stress to some people became an experience for them [see recitations in papers 1, 2 and 3].

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Abstracts

HERAIMCZUK IHOR. Stres (PTSD) jako naturalny mechanizm rozwiązywania sytuacji i zmian osobowości w warunkach gwałtownej zmiany okoliczności. Artykuł omawia koncepcję stresu jako mechanizmu podejmowania decyzji, rozwiązywania sytuacji i zmiany „nieskutecznej osobowości” w warunkach nagłych zmian warunków i okoliczności istnienia. Kiedy okoliczności okazują się nierozwiązywalne za pomocą zwykłych środków, czyli osoba nie może sobie z nimi poradzić, włącza się ekstremalny mechanizm podejmowania decyzji, który w istocie jest mechanizmem integralnego wglądu. Dokładniej mówiąc, mechanizm, ukryty za integralnymi wglądami twórczości, w momencie odkrywania pozwala uruchomić i zjednoczyć ogromne ilości materiału, co właśnie pokazujemy w pracy [1], może mieć korzenie w holistycznym, wglądowym mechanizmie rozwiązywania niejednoznacznych, złożonych, wręcz śmiertelnie niebezpiecznych sytuacji. Ten „mechanizm”, włączając głębokie fale delta i angażując holistyczny system w rozwiązywanie sytuacji za pomocą hiper-uwagi lub hiper-koncentracji, może również włączać, podobnie jak w hipnozie, mechanizmy zmiany osobowości (jesteś artystą Repinym, jesteś nieustraszoną wojowniczką, jesteś Berserkiem itp.). Zakładamy, że nie jest to mechanizm patologiczny, ale niezrównany mechanizm rozwoju i przetrwania, którego blokada jest z góry określona przez postawy kulturowe. Jeśli dana osobowość nadal walczy, włącza się mechanizm wglądu i mechanizm transformacji osobowości. Można to zrobić poprzez całościowe omówienie osobistych doświadczeń. Jeśli dana osobowość nie jest w stanie rozwiązać sytuacji, może wystąpić „blackout”,

gdy osoba naśladuje innych, później o tym nie pamiętając – biegnie z innymi itd. Jeśli nie ma takiego przykładu, mogą istnieć różne opcje: w czasie „blackouta” może odbywać się proces poszukiwania odpowiednich wzorców zachowania w pamięci człowieka i nagła zmiany osobowości na zupełnie inną (Napoleoni, nieustraszeni wojownicy, jakieś marzenia itp.). Stan delta jest związany z niektórymi fazami snu na fali mózgowej (fale delta, tak jak w głębokim śnie) i, podobnie jak we śnie, możemy być różnymi osobowościami. Zatem w stanie delta osoba może doświadczyć innych osobowości w rzeczywistości. W stanie somnambulizmu osoba może chodzić we śnie, nie pamiętając o tym. Uważamy, że stresowy stan delta jest tym samym mechanizmem, co we śnie, tylko że ciało jest całkowicie podporządkowane sennie lub nowej osobowości. O ile sen jest przetwarzaniem codziennych informacji, o tyle stresowy stan delta jest przetwarzaniem i rozwiązaniem informacji w rzeczywistości. W stanie wysokiego zagrożenia faktycznie uzyskujesz dostęp do tego „centrum przetwarzania” bezpośrednio. Ale musisz umieć z niego korzystać. Łatwo jest symulować większość zaburzeń stresowych poprzez brak snu lub ciągłą deprywację sensoryczną (które da się wywołać za pomocą bezpośredniej potrzeby). Ale z powodu braku prawdziwego powodu, niektóre zaburzenia przestaną się pojawiać po przywróceniu trybu normalnego. W kreatywności zazwyczaj widzimy bezpośrednie zarządzanie „centrum przetwarzania” (tak samo jak we śnie i w śmiertelnym niebezpieczeństwie) bez skutków ubocznych. Lęk, albo raczej uwaga i koncentracja na problemie, są wywoływane w twórczości świadomie. A wszystkimi procesami, podobnie jak w kontrolowanym śnie, w twórczości zarządza się: zamiast błysku – błysk pomysłów, zamiast halucynacji – zarządzanie słuchowymi, wzrokowymi, dotykowymi obrazami, zamiast chaosu – brzmi muzyka lub obrazy, zamiast obsesyjnych myśli – koncentracja, zamiast manii – superkoncentracja, zamiast „rozdwojenia” osobowości – prawie żywi bohaterowie utworów w utworach, zamiast mętnych uczuć – silne przeżycia uczuć, zamiast nieustannie ścigających się myśli – niezwykła szybkość kreatywności itp. Każdemu zaburzeniu odpowiada kontrolowany analog, który jest złożoną ewolucyjną zaletą gatunku i osiągnięciem ludzkości. W istocie stres jest próbą rozwiązania problemu, zwłaszcza gdy problem nie może zostać rozwiązany za pomocą środków danej osobowości. PTSD wygląda na tą samą próbę rozwiązania problemu poprzez niepokojącą koncentrację na problemie i inne środki organizmu na zwrócenie uwagi, najczęściej do wcześniej nierozwiązanego i niedokończonego problemu, zwłaszcza gdy nie można go rozwiązać. Często PTSD występuje, gdy problem nie został rozwiązany

w taki lub inny sposób, chociażby post factum. Większość ludzi z PTSD nie podejmuje działań przeciwko powtórzeniom: osoba nie zwyciężyła wroga, nie nauczyła się zwyciężać, nie ma doświadczenia i środków ochronnych itp. U zwycięzców, którzy nie chcą zmieniać przeszłości, PTSD, jak mówią naukowcy, prawie nie było obserwowane (porównajmy Drugą wojnę światową (lepiej Wielką wojnę ojczyźnianą dla Rosji) i Wojnę wietnamską, kiedy po raz pierwszy postawiono tę diagnozę PTSD – ci, którzy chcieli coś zmienić, albo żeby przeszłości w ogóle nie istniało, czują warianty PTSD; natomiast ci, którzy są dumni ze zwycięstwa lub z siebie, nazywają tę samą sytuację najlepszą

ГЕРАІМЧУК ІГОР. Стрес (ПТСР) як природний механізм вирішення ситуації і особистісних змін в умовах різкої зміни обставин. У статті обговорюється концепція стресу як механізму прийняття рішення, вирішення ситуації і зміни «неефективної особистості» в умовах різкої зміни умов і обставин існування. Коли обставини виявляються нерозв'язуваними звичайними заходами, тобто людина не може з ними впоратися, включається екстремальний механізм прийняття рішення, що по суті справи є цілісно-інсайтним механізмом. Точніше, механізм, прихований за цілісними інсайтами творчості, в осянні дозволяє охоплювати і об'єднувати величезні обсяги матеріалу, як ми показуємо в роботі [1], може мати коріння в цілісному інсайтному механізмі вирішення неоднозначних, складних, й навіть – смертельно небезпечних ситуацій. Цей «механізм», включаючи глибинні дельта-ритми і залучаючи цілісну систему в рішенні ситуації за допомогою гіпер-уваги або гіпер-концентрації, може також включати, як в гіпнозі, механізми зміни особистості (ви - художник Репін, ви - безстрашні воїни, ви - Берсерк і т. д.). Ми припускаємо, що це не патологічний механізм, а неперевершений механізм розвитку і виживання, чия блокада зумовлена культурними установками. Якщо особистість продовжує боротися, включається інсайтний механізм і механізм трансформації особистості. Це може здійснюватися шляхом цілісного охоплення особистого досвіду. Якщо особистість виявляється нездатною вирішити ситуацію, то може наступити «блекаут», коли людина наслідує оточуючих, не пам'ятаючи потім про це – біжить з іншими і т.д. Якщо такого прикладу немає, то можуть бути різні варіанти – так при «блекауті» може здійснюватися пошук відповідних моделей поведінки в пам'яті людини і різка зміна особистості на зовсім іншу (Наполеони, безстрашні кіношні бійці,

якісь мрії і т.д.). Дельта-стан споріднений деяким фазам сну по мозковій хвилі (дельта-ритми, як у глибокому сні), і, як уві сні, ми можемо бути різними особистостями. Так, в дельта-стані людина може переживати інші особистості наяву. У стані лунатизму людина може ходити уві сні, не пам'ятаючи про це. Ми вважаємо, що дельта-стан стресу – це той самий механізм, як і уві сні, тільки тіло абсолютно підпорядковане сонній або новій особистості. Як сон є обробкою денної інформації, так дельта-стан стресу є обробкою і рішенням інформації наяву. У стані підвищеної небезпеки ви фактично отримуєте доступ до цього «центру обробки» безпосередньо. Але потрібно вміти ним користуватися. Можна легко зімітувати більшість стресових розладів позбавленням сну або тривалою сенсорною депривацією (що викликаються при прямому запиті). Але, оскільки реальної причини немає, то частина розладів припиняють проявлятися при відновленні нормального режиму. При творчості ми взагалі бачимо пряме управління «центром обробки» (той же, що уві сні, і в смертельній небезпеці) без побічних ефектів. Тривожність, точніше увага і концентрація на проблемі, в творчості викликаються свідомо. А всі процеси, як в контрольованому сні, в творчості управляються: замість флеші – флеші ідей, замість галюцинацій – управління слуховими, зоровими, тактильними образами, замість хаосу – звучить музика або картини, замість нав'язливих думок – концентрація, замість маній – суперконцентрація, замість «роздвоєння» особистостей – майже живі герої творів в творах, замість подертій почуттів – сильні переживання почуттів, замість нестримно мчать думок – небувала швидкість творчості і т.д. Кожному розладу відповідає керований аналог, який є складною еволюційною перевагою виду і досягненням людства. По суті стрес – це та ж спроба вирішити проблему, особливо коли проблема не може бути вирішена засобами даної особистості. ПТСР – з вигляду та ж спроба вирішити проблему шляхом тривожної концентрації на проблемі і інших засобах організму привернути увагу, найчастіше до невирішеної й незакінченої раніше проблеми, особливо коли вона не може бути вирішена. Часто ПТСР виникає, коли проблема не була вирішена тим чи іншим шляхом, хоча б постфактум. Найчастіше людина з ПТСР не вживає заходів проти повторення: вона не перемогла ворога, не навчилася перемагати, не має досвіду і заходів захисту і т.д. У переможців, які не хочуть міняти минуле, ПТСР, як стверджують, майже не спостерігалось (порівняйте Другу Світову (краще ВВВ для

Росії) і В'єтнамську війну, коли вперше поставили цей діагноз ПТСР – ті, хто хотіли щось пережити, змінити, або щоб минулого взагалі не було, відчують варіанти ПТСР; ті, хто пишаються перемогою або собою, називають ту ж ситуацію найкращим часом життя – не мають жодних ознак ПТСР. Наїзник згадає дитячі падіння з коня з розчуленням. ПТСР – це, по суті, відкрита проблема тих, хто або в той час не міг вирішити проблему (маленькі діти, жінки), не може вирішити проблему зараз (поранені або скалічені, мають моральну проблему або травму), не хоче вирішити проблему в майбутньому. По суті, робота з ПТСР повинна починатися з вирішення проблеми, тимчасового, або штучного, забезпечення безпеки, зміни людини, щоб вона могла впоратися з проблемою і надання їй засобів впоратися з проблемою, вказавши напрямок активності на проблему, звання до думки про проблему, – вона повинна вирішити проблему всередині себе, підготуватися до вирішення такої або подібної проблеми зовні, підготувати шляхи вирішення проблеми. Тобто, створити з проблеми позитивне – означає вирішити проблему. По суті справи, ПТСР – це виклик, який повинен закінчуватися оновленням людини і створенням нового – як у творчості.

Ключові слова: стрес, ПТСР, особистість, навчання, зміна.

ГЕРАИМЧУК ИГОРЬ. Стресс (ПТСР) как природный механизм разрешения ситуации и личностных изменений в условиях резкой смены обстоятельств. В статье дискуссия о концепции стресса как механизма принятия решения, решения ситуации и смены «неэффективной личности» в условиях резкой смены условий и обстоятельств обитания. Когда обстоятельства оказываются нерешаемыми обычными мерами, то есть человек не может с ними справиться, включается экстремальный механизм принятия решения, по сути дела являющийся целостно-инсайтным механизмом. Точнее, механизм, скрытый за целостными инсайтами творчества, в озарении позволяющий охватывать и объединять громадные объемы материала, как мы показываем в работе [1], может иметь корни в целостном инсайтном механизме решения неоднозначных, сложных, смертельно опасных ситуаций. Этот «механизм», включая глубинные дельта-ритмы и вовлекая целостную систему в решении ситуации посредством гипервнимания или гиперконцентрации, может также включать, как в гипнозе, механизмы смены личности (вы – художник Репин, вы – бесстрашные воины, вы – берсерки и т.д.). Мы предполагаем, что это не патологический

механизм, а непревзойденный механизм развития и выживания, чья блокада вызвана культурными установками. Если личность продолжает сражаться, включается инсайтный механизм и механизм трансформации личности. Это может осуществляться путем целостного охвата личного опыта. Если личность оказывается неспособной решить ситуацию, то может наступить «блэкаут», когда человек подражает окружающим, не помня потом об этом – бежит с другими и т.д. Если такого примера нет, то могут быть разные варианты – при «блэкауте» может осуществляться поиск подходящих моделей поведения в памяти человека и резкая смена личности на совершенно другую (Наполеоны, бесстрашные киношные бойцы, какие-то мечты и т.д.). Дельта-состояние родственно некоторым фазам сна по мозговым волнам (дельта-ритмы как в глубоком сне), и как во сне мы можем быть разными личностями, так в дельта-состоянии человек может переживать другие личности наяву. В состоянии лунатизма человек может ходить во сне, не помня об этом. Мы считаем, что дельта-состояние стресса – это тот же механизм, как и во сне, только тело абсолютно подчинено сонной или новой личности. Как сон есть обработка дневной информации, так дельта-состояние стресса есть обработка и решение информации наяву. В состоянии повышенной опасности вы фактически получаете доступ к этому «обрабатывающему центру» напрямую. Но нужно уметь им пользоваться. Можно легко симитировать большинство стрессовых расстройств лишением сна или длительной сенсорной депривацией (что вызывает прямой запрос). Но поскольку реальной причины нет, то часть расстройств прекратит проявление при восстановлении нормального режима. При творчестве мы вообще видим прямое управление «обрабатывающим центром» (тот же, что во сне и в смертельной опасности) без побочных эффектов. Тревожность, точнее внимание и концентрация на проблеме, в творчестве вызываются сознательно. А все процессы, как в контролируемом сне, в творчестве управляются: вместо флешей – флеш-идей, вместо галлюцинаций – управление слуховыми, зрительными, тактильными образами, вместо хаоса – звучащая музыка или картины, вместо навязчивых мыслей – концентрация, вместо маний – суперконцентрация, вместо «раздвоения» личностей – почти живые герои произведений в произведениях, вместо раздорванных чувств – сильные переживания чувств, вместо неудержимо несущихся мыслей – небывалая скорость творчества и т.д. Каждому расстройству

соответствует управляемый аналог, являющийся сложнейшим эволюционным преимуществом вида и достижением человечества. По сути стресс – это та же попытка решить проблему, особенно когда проблема не может быть решена средствами данной личности. ПТСР – по виду та же попытка решить проблему путем тревожности на проблеме и прочих средств организма привлечь внимание, чаще всего к нерешенной и незаконченной ранее проблеме, особенно когда она не может быть решена. Часто ПТСР возникает, когда проблема не была решена тем или иным путем, хотя бы постфактум. Чаще всего человек с ПТСР не принял мер против повторения: не победил врага, не научился побеждать, не имеет опыта и мер защиты и т.д. У победителей, которые не хотят менять прошлое, ПТСР, как утверждают, почти не наблюдался (сравните Вторую Мировую (лучше ВОВ для России) и Вьетнамскую войну, когда впервые поставили этот диагноз ПТСР – те, кто хотели что-то переиграть, изменить или чтобы прошлого не было, испытывают варианты ПТСР; те, кто гордятся победой или собой, называют ту же ситуацию лучшим временем жизни). Наездник вспоминает детские падения с лошади с умилением. ПТСР – это по сути открытая проблема тех, кто или в то время не мог решить проблему (маленькие дети, женщины), не может решить проблему (раненные или покалеченные, имеющие моральную проблему или травму), не хочет решить проблему. По сути работа с ПТСР должна начинаться с решения проблемы, временного или искусственного, обеспечения безопасности, изменения человека, чтоб он мог справиться с проблемой и предоставление ему средств справиться с проблемой, направление активности на проблему, привыкания к мышлению о проблеме, – он должен решить проблему внутри себя, подготовиться к решению такой или подобной проблемы вовне, подготовить пути решения проблемы. То есть создать из проблемы положительное – решить проблему. По сути дела, ПТСР – это вызов, который должен заканчиваться обновлением человека и созданием нового как в творчестве.

Ключевые слова: стресс, ПТСР, личность, обучение, изменение.

GERAIMCHUK IGOR. **Stress (PTSD) as a natural mechanism of situation solution and personal changes in conditions of the abrupt change of circumstances.** The article discusses the concept of stress as a mechanism of decision-making, situation solving and "ineffective personality" changing in contexts of the abrupt change of conditions and circumstances of habitation. When circumstances appear to be unsolvable

by ordinary measures, i. e., a person cannot handle them; the extreme decision-making mechanism is activated, which in essence is a holistic-insight mechanism. More precisely, the mechanism hidden behind the holistic insight of creativity, allowing by inspiration comprise and combine enormous volumes of material, as we show in [1], may have roots in the holistic insight mechanism of solving ambiguous, complex and deadly situations. This "mechanism", including deep delta rhythms and involving a holistic system in solution of the situation through hyper attention or hyper concentration, may also include, as in hypnosis, the mechanisms of identity change (you are the painter Repin, you are fearless warriors, berserks, etc.). We assume that this is not a pathological mechanism, but an insuperable mechanism of development and survival, which blockade is caused by culture sets. If an individual continues fighting, the insight mechanism and mechanism of personality transformation are actuated. This may be achieved by a holistic coverage of personal experience. If an individual fails to solve the situation, then it may result in a blackout, when a person imitates the others, not remembering it afterwards, running with others, etc. If there is no such example, then various scenarios may exist; with the "blackout", the searching may be carried out appropriate of behavior patterns in the person's memory and abrupt change of personality to a completely different one (Napoleons, fearless movie warriors, some dreams, etc.). The delta state is related to some sleep phases in brain waves (delta rhythms as in a deep sleep), and as of in sleep we can be different personalities, so in the delta state a person can experience other personalities in reality. In the state of sleepwalking a person can walk in a night of sleep without remembering it. We believe that the delta state of stress is the same mechanism as in sleep, only the body is completely subordinated to a sleeping or new personality. As sleep is the processing of daily information, so the delta state of stress is the processing and determination of information in reality. In a state of heightened danger, you actually get direct access to this "processing center". But you need to be able to use it. It is possible to easily imitate the majority of stressful disorders with sleep deprivation or prolonged sensory deprivation (resulting in a direct request). But since there is no real reason, some disorders will cease manifesting when the normal regime is restored. With creativity, we generally see the direct control of the "processing center" (the same as in a night of sleep and in deadly danger) without side effects. Anxiety, or more properly, attention and concentration on a problem, are consciously arisen in creative work. And all processes, like in a sleep being controlled, are controlled in the creative work: instead of flashes – flashes of

ideas; instead of hallucinations – control of auditory, visual, tactile images; instead of chaos – sounding music or pictures; instead of compulsive thoughts – concentration; instead of manias – super concentration; instead of “dissociation” of personality – almost living heroes of literary writings; instead of torn feelings – strong rueful feelings; instead of uncontrollably rushing thoughts – unprecedented speed of creativity, etc. A controlled analogue corresponds to each disorder, which is the most complex evolutionary advantage of species and achievement of humanity. In essence, stress is the same attempt to solve a problem, especially when the problem cannot be solved by the means of a given personality. PTSD is apparently the same attempt to solve a problem by anxiety on the problem and other remedies of the organism to draw attention, typically, to the unresolved and previously unfinished problem, especially when it cannot be solved. Frequently, PTSD occurs when the problem has not been resolved by one or another way, even post factum. Most commonly, a person with PTSD did not take actions against its repetition: he/she did not conquer an enemy, did not learn to win, does not have experience and protective measures, etc. Winners who do not want to change the past, allegedly, were out of PTSD (compare the World War II (better the Great Patriotic War for Russia) and the Vietnam War when it was first diagnosed PTSD: those who wanted to replay, change or abolish the past, experience variants of PTSD; those who are proud of victory or of themselves call the same situation the best time of life). The rider recalls with tenderness children’s falls from a horse. PTSD is essentially an open problem for those who could not solve the problem at that time (young children, women), or cannot solve the problem (injured or maimed, have a moral problem or injury), or do not want to solve the problem. In essence, the work with PTSD should begin with a problem solving, temporary or artificial, ensuring security, changing a person so that he/she can cope with the problem, and providing him/her with remedies to cope with the problem, directing activity to the problem, getting used to think about the problem – the person must solve the problem inside oneself, be prepared for solving this or a similar problem outside, prepare ways to to solve the problem. In other words, create a positive view of the problem means solve the problem. In essence, PTSD is a challenge that must end with the renewal of person and the creation of a new one, as in creativity.

Keywords: stress, PTSD, personality, learning, change.