

ATAVISM OF THE PSYCHOLOGICAL SYSTEM

SUBJECT OF THE STUDY¹

In this study we hope to answer following questions:

- What is the nature of the psychological system's atavism?
- How does the atavism affect the psychological system?
- How can the atavism's influence on the psychological system be decreased?

THE TRANSFORMATION AND TRANSFER OF ORGANIC SYSTEMS INTO PSYCHOLOGICAL SYSTEMS

1. At the level of the species, following the principle of a transfer, all genes of man's ancestors are contained within man's own genes.
2. At the individual level, man simultaneously reacts psychologically and somatically. In time, somatic reactions transform into psychological reactions (into a component of the human psychological system)

These facts (the transformation of somatic changes into changes of the psychological system, at the individual level; and the gene transfer, at the species level) lead us to the conclusion that during evolution the following occurred:

- A transformation of organic changes into changes of the psychological system, at the human ancestors' individual level
- A transfer of the ancestors' psychological systems into man's psychological system

¹ This study is a continuation of the studies: "The psychological system: Structure and alteration of the structure" (<http://www.psychostrucurology.rs.>) and "Evolution of the psychological system".

The transformation of individual organic changes into its psychological system and the transfer of the ancestors' psychological systems into man's psychological system, lead to man's psychological system containing:

- All of his ancestors' psychological systems
- All of his ancestors' organic systems

All of the ancestral psychological and organic systems make up the atavism of the HPS (human psychological system).

THE MOST POWERFUL ATAVISM OF THE HUMAN PSYCHOLOGICAL SYSTEM

Man's direct ancestor, Australopithecus, was sexually mature in his third or fourth year of age.

The sexual maturation of the Australopithecus, with its psychological and somatic components, is the most powerful atavism of the HPS (Human psychological system).

That atavism occurs (is activated) in a child in its third or fourth year of age. From that moment on it is a powerful, permanent, incomprehensible as well as unchangeable component of man's psychological system.

INCOMPREHENSIBLE COMPONENTS OF THE PSYCHOLOGICAL SYSTEM

We divide the psychological system's components into two groups:

- Incomprehensible (those that can neither be perceived nor understood)
- Comprehensible (those that can be perceived and understood)

The incomprehensible components of the psychological system are:

- Atavism
- Man's (biological and psychological) heritage
- Unmemorised experiences
- The connections inside the aforementioned (incomprehensible) components

- The connections among all incomprehensible and all comprehensible components
- The connections between the psychological system's incomprehensible components and the external circumstances (other systems)

THE PSYCHOLOGICAL SYSTEM'S EXPERIENCES

The experiences man collects over the course of his lifetime probably make up half of his psychological system's structure.

The structure of every single experience² is made up of:

- External circumstances (those are mainly other individuals – other psychological systems)
- Man's psychological and somatic reactions
- The connections among the circumstances and reactions

COMPREHENSIBLE COMPONENTS OF THE PSYCHOLOGICAL SYSTEM

The comprehensible components of the psychological system are:

- The circumstances and reactions of the present experience
- The circumstances and reactions of all memorised experiences (memories)
- The connections between the circumstances and reactions of our present and memorised experiences

² The terms: Content, Story and Structure of an experience are synonymous.

BASIC EXPERIENCE

One of a four year old's experiences in which for the first time, as an atavism, we observe the sexual maturation of the Australopithecus, we dubbed the basic experience³.

The basic experience is the experience with the highest concentration of atavism in the psychological system.

The child's reactions in the basic experience are to a large part intentions, sexual and aggressive in their nature, and mainly directed towards the parental figures.

This childhood experience leads the psychological system into its mature (complex) phase. It's the first experience that as a whole, with all of its complex components, continues in (transfers into) the following experiences (in the psychological system).

The basic experience, with all its atavism, subordinates to it all of man's experiences⁴.

Starting with the basic experience, the psychological system is structured by having all experiences after the basic one transfer into (become part of) the system's structure.

³ The basic experience is the first complex experience where we can observe (differentiate and comprehend):

- Complex external circumstances (other systems)
- Complex personal reactions (reactions)
- Complex reactions to one's personal reactions
- Complex connections

⁴ We could say:

- That the basic experience rules over the psychological system, which means it rules over man himself.
- That through the basic experience, Australopithecus rules the human psychological system, through atavism.

THE STRUCTURE OF A POST-BASIC EXPERIENCE

The structure of every post-basic experience is composed of:

- Incomprehensible components of the psychological system
- A part of the basic experience's components
- The components of some experiences, that occurred after the basic experience, but before the given experience
- The circumstances of the given experience
- The reactions of the given experience
- The connections of all aforementioned components

THE PSYCHOLOGICAL SYSTEM'S POWER

In the basic experience, a kid relatively adequately perceives (relatively adequately reacts to):

- The external circumstances (the reactions of others, space and time)
- Its own reactions

The continuance of the basic experience in the structure of all following experiences, makes man always, all of his life, partly react with the reactions of his basic experience.

That is the way in which the basic experience empowers man to, over the course of his lifetime:

- Relatively adequately understand his relationship with other people
- Relatively adequately perceive space and time

THE POWERLESSNESS AND PAIN OF THE PSYCHOLOGICAL SYSTEM

Because of the psychological system's specific way of structuring and the nature of the components making up that system, in time, man's personal reactions can become:

- More incomprehensible
- More inadequate to the external circumstances
- Difficulties (more intense in time – until they become psychological and somatic pain, even disease)

When man's reactions become too painful, he frequently asks for psychotherapeutic help.

THE IMMUTABILITY OF THE SYSTEM

In every experience after the basic one, man tries:

- To free himself from the reactions of the basic experience
- To free himself from the reactions of his previous experiences

Man cannot react but with his known, earlier utilised reactions⁵, because the unchangeable structure of the psychological system is in the basis of his reactions⁶.

⁵ e.g.: Somebody who in his basic experience wanted to interrupt his parents and usurp their mutual care for himself, and then had to withdraw from the parental figures because of their reaction, will try to behave differently in later life, to conquer and not withdraw

⁶ The structure's immutability can be recognized as *resistance* during psychotherapy

The psychological system cannot be altered because:

- It is not possible to change the comprehensible part of the psychological system (experiences-what already happened once)
- It is not possible to nullify the influence that the atavism and other incomprehensible components have on the psychological system
- It is not possible to observe the connections between the atavism and all the psychological system's components (the incomprehensible as well as comprehensible ones)

As unchangeable, the psychological system, though powerful (adequate to a great deal):

- Is not only unable to spontaneously and completely adequately rule its complex reactions
- But it is also unable to spontaneously and completely protect itself from pain and damage

Even though unchangeable, the psychological system still has the potential to become more functionable:

- To remove its difficulties
- To increase the adequacy of its reactions

The M.A.S. psychotherapeutic method (Method for Alteration (primarily understanding) of the psychological System) is capable to realize such a potential⁷.

⁷ Look up study: "Alteration of the psychological system's structure" at <http://www.psychostrucurology.rs>.

CHANGES IN THE SYSTEM'S FUNCTIONING

Through the M.A.S. psychotherapeutic method it is possible to change the psychological system's functioning, without altering the structure:

- Remove difficulties
- Increase the adequacy of the reactions

The changes in the psychological system's functioning are a result of actually understanding the understandable part of the psychological system's structure.

UNDERSTANDING THE UNDERSTANDABLE PART OF THE SYSTEM SISTEMA

In everyday life, man can know (to a degree)⁸:

- The circumstances
- His personal reactions
- The connections between the circumstances and the reactions (inside his experiences)

In everyday life, man mainly misunderstands:

- The connections among experiences
- The connections of the psychological system with other psychological and non-psychological systems

The M.A.S. psychotherapeutic method helps the client to relatively adequately understand:

- The connections inside the system's experiences
- The connections at the whole system level (among experiences)
- The connections of the system with other systems

⁸ Can observe and relatively adequately understand.

EFFECT OF THE M.A.S. METHOD ON THE ATAVISM

The atavism is a component of the psychological system, which is found in the structure of all other components of the psychological system (both comprehensible and incomprehensible).

By getting to know the components of the psychological system's comprehensible part, we also get to know the atavistic part of those components.

The familiar (comprehensible) components of the psychological system continue to exist as clear components in the structure of following experiences.

By getting to know the system's comprehensible components:

- The influence of the system's comprehensible components on its further structuring is increased
- The adequacy of the reactions is increased
- The system's pain is decreased
- The influence of incomprehensible components (with the comprehensible components connected), as well as the influence of the atavism on the system is decreased

CONCLUSION⁹

It is impossible to alter:

- An already structured psychological system
- The atavism of a psychological system

Bearing in mind that the atavism is found in the comprehensible components of the system, understanding those components is the way in which the M.A.S. psychotherapeutic method decreases the atavism's influence on the system.

Decreasing the atavism's effect on the psychological system makes the system more functional:

- More comprehensible
- More adequate
- Less painful

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⁹ With other parts of the psychological system.