# 121. Fight of Flight | 투쟁-도피 반응 / 싸울거나 도망가거나 (원시반응)

## 1. Primitive instincts 원시본능

Primitive instincts persist today due to an **evolutionary [consensus/dissonance]**—biological evolution moves far too **[rapidly/slowly]** to **[come/put/keep]** up with **[rapid/slow]** civilizational progress. Humans spent millions of years as hunter-gatherers, **[where/whereas]** agriculture began only 10,000 years ago, and modern digital society just decades ago. Because genetic adaptation takes tens of thousands of years, our brains and bodies remain **[hardwired/lessened]** for survival on the ancient savanna.

Traits that once ensured survival have now become double-edged swords:

* Anxiety: **[Essential/Essentially]** for evading predators, this trigger now manifests as chronic stress over work and social pressures.

* Calorie Storiation: Craving sugar and fat helped **[prevent/preventing]** **[storiation/starvation]**, but today it leads to **[obesity/weakling]** and lifestyle diseases amid food **[abundance/deficiency]**.

* Social **[Approval/Rejection]**: **[Inclusion/Exclusion]** once meant death, so the deep-seated fear of **[inclusion/exclusion]** now drives social media addiction, while in-group **[favoritism/aversion]** fuels polarization부족.

**Without selective pressure to [acquire/eliminate] these instincts, the very survival tools that kept our ancestors alive remain deeply [ingrained into/eliminated from] our DNA.**

## 2. Fight or Flight response 투쟁-도피 반응

### • sympathetic nervous system 교감신경계

The ***sympathetic nervous system(SNS)*** is a division부분 of the ***[somatic/autonomic] nervous system***자율신경계 that regulates the body's **[voluntary/involuntary]** fight-or-flight response.

* Heart: Increases heart rate and blood pressure to **[boast/boost]** oxygen delivery.

* Lungs: **[Relaxes/Blocks]** airway muscles to allow more airflow.

* Eyes: **[Dilates/Contracts]** pupils to let in extra light.

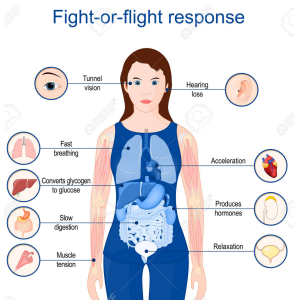
* Digestive & Urinary Tracts: **[Accelerate/Decelerate]** digestion and urine production to redirect energy to muscles.

### • Fight or Flight response

The fight-or-flight response is a **[psychological/physiological]** reaction that occurs in response to a perceived **[beneficial/detrimental]** event, attack, or **[threat/thrift]** to survival. It is an automatic, survival-based physiological생리적인

reaction that prepares your body to either confront or flee from a perceived threat or danger. **The theory states [that/which] animals react to threats with a general [charge/discharge] of the *sympathetic nervous system*교감신경계, preparing the animal for fighting or fleeing.** This response is recognized as the first stage of a general **[adoption/ adaptation]** process that regulates 'stress responses' among vertebrates척추동물 and other organisms. **The physiological changes that occur during the fight or flight response are activated so as to give the body increased strength and speed in anticipation예상 of fighting or flighting. [In other words/On the other hand]**, the fight or flight response provided them **[with/for]** the mechanisms to rapidly respond to **[threats/thrifts]** against survival.

## 3. Stress 스트레스




**If we have ever faced a stressful situation, we know what it's [like/likely] to feel the fight-or-flight response.** Our blood pressure increases, and more blood sugar and oxygen are pumped through our body to keep us **[alter/alert/alertly]**. This response was essential to our survival in a **[contemporary/primitive]** world. It helped us **[run/running]** faster to get away from animals **[ceasing/ chasing]** us. **[However/Consequently]**, now we don't often face many life-threatening situations that require us to ***"fight or fly"*** anymore. **Whereas in the distant past we might [use/have used] up the stress hormones by fighting or running, many of us now work in office environments, with elevated amounts of stress hormones [secreting/secreted]분비하다 through our bodies. [In other words/Likewise]**, our fight-or-flight response system that helped us survive during the Stone Age now slowly **[kills/killing]** us during the information age.

## 3. Example of Stress Response

A stress response is your body's automatic physical and mental reaction to a perceived threat, challenge, or demand. A typical example of the stress response is a grazing zebra. If the zebra sees a lion **[closing/to close]** in for the kill, the stress response is activated활성화하다. The escape requires intense muscular effort, supported by all of the body's systems. The ***sympathetic nervous system***'s activation **[severely/rarely]** provides for these needs. **A similar example involving fight is about a cat which is about to [be/being] attacked by a dog.** The cat shows automatically **[accelerated/ decelerated]** heartbeat, piloerection(hair standing on end, normally for conservation of heat), and pupil **[dilation/ retraction]**확장, all signs of arousal각성/흥분 of ***sympathetic nervous system***. **Once the presentation finishes and you realize you are safe, the *parasympathetic nervous system*부교감신경계 (the body's "brake") steps in to [accurate/lower] your heart rate, drop cortisol levels, and return your body to a calm, normal state.**