

## INSTINCTS

According to **Russ Hudson**, the Instincts represent the basic driving forces that operate throughout our daily life. No Instinct operates like an island or solo. One Instinct operates in service of another. However, our blind spot instinct will not be the one acting in service of another when it is repressed. The 3 Instincts are:

**Self Preservation** (SP) drive is focused on **survival needs** such as money, food, health, safety, comfort, environment, etc.; fear of scarcity and harm; firm boundaries; *contraction*

- Zone 1 - Health/Energy (conservation of)/Environment/Self-care
- Zone 2 - Practicality, Maintenance of life or Practical Wisdom
- Zone 3 - Domesticity

**Sexual** (SX) drive is focused on **sexual energy**, and also on the experience of aliveness, and the adventures and activities that **capture our attention and energy**; fear of being undesirable and sexually overlooked; fluid boundaries; *expansion*

- Zone 1 - Attraction
- Zone 2 - Arousal/Exploration & Edge
- Zone 3 - Merging & Fusion

**Social** (SO) drive is focused on **connection and communication** between human beings in order to create and sustain the bonds that make life possible; fear of being abandoned and ostracized; bonding; *adaptation*

- Zone 1 - Reading People and Situations
- Zone 2 - Creating & Maintaining Bond or Connections
- Zone 3 - Participation/Contribution

Instincts are different from what some describe as subtypes.