

## FIGHT OR FLIGHT?

Thomas R. Cuba

2016 1025

In studies of animals, there is a behaviour called the “fight or flight” response. We’ve all seen this, biologists just gave it a name.

The response occurs quite naturally when a threat, such as a predator, comes within a certain distance of the threatened or prey animal. Each of us has a distance from violence with which we are comfortable. If you have ever walked down a dark street and crossed to the other side to avoid passing too close to a dark alley, or a potential mugger, you’ve experienced this reaction. In some circles, this bubble of security is called “my space.”

In most instances we will invoke the flight response and extend the distance between ourselves and the threat: Fighting is not really very much fun, so we will attempt to avoid it.

Today, the problem is that the structure of society is being threatened. It is not each of us individually which is being threatened but the nation in which we live. We would all like to avoid the threat; avoid the confrontation; avoid the fight.

Flight, however, is not an option. There is nowhere to go if the nation is lost; no place to run. There will be no safe distance.

We must accept the fight and learn to fight with our minds and souls, lest we are required to fight the old fashioned way.