

**A Comparative Analysis of Theories whose correlations suggest a common evolutionary trajectory from foundational biological needs to related behaviors**

<b>Theory</b>	<b>1. Need / Behaviors</b>	<b>2. Need / Behaviors</b>	<b>3. Need / Behaviors</b>	<b>Type of Research</b>
<b>ERG</b> Alderfer (1972)	Growth Needs impelled	Existence Needs impelled	Relational Needs impelled	Quantitatively validated qualitative classifications
<b>FFF</b> Cannon (1932)	Fight	Flight	Freeze	Quantitatively validated qualitative classifications
<b>PPT</b> Bajramovic & LeMay (2015)	Fighting Mindset	Defeated Mindset	Appeasing Mindset	Clinically-derived observations qualitatively described
<b>Mindset</b> Dweck (2006)	Growth Mindset	Fixed Mindset	Mixed Mindset	Quantitatively- validated qualitative classifications
<b>Adult Coping Strategies</b> Horney (1950)	Aggression	Withdrawal	Compliance	Clinically-derived observations qualitatively described
<b>Transactional Analysis</b> Berne (1961)	Parent	Child	Adult	Clinically-derived observations qualitatively described
<b>The Drama Triangle</b> Karpman (1968)	Persecutor	Victim	Rescuer	Clinically-derived observations qualitatively described
<b>Child Temperament</b> Chess, Thomas & Birch (1960)	Difficult	Slow-to-Warm	Easy	Quantitatively-derived observations qualitatively described
<b>Child Attachment and Separation</b> Robertson & Bowlby (1952)	Protest	Despair	Attachment	Quantitatively-derived observations qualitatively described
<b>Individuation</b> Mahler, Pine & Bergman (1974, 2008)	Separation	Separation	Rapprochement to Individuation	Quantitatively-derived observations qualitatively described
<b>Buddhism's Five Skandhas</b> Mukpo (2014)	Desire/anger	Aversion/fear	Envy to Pride	Introspection-based observations in Tibetan Buddhist philosophy
<b>Buddhism's Three Jewels</b> Traditional teaching	Dharma	Buddha	Sangha	Introspection-based observations in Tibetan Buddhist philosophy

**Glossary of Terms:**

**ERG** = Existence, Relatedness and Growth Needs observation-based theory

**FFF** = Fight, Flight and Freeze Instinct observation-based theory

**PPT** = Primal Process Theory

**Mindset** = Carol Dweck's observation-based theory

**Adult Coping Strategies** = Karen Horny's clinical observation-based theory

**Transactional Analysis** = T/A Eric Berne's clinical observation-based theory

**The Drama Triangle** = Stephen B. Karpman, MD's social model elaboration of T/A

**Child Temperament** = Child Temperament Model 5 year observation-based theory

**Child Attachment & Separation** = Child development observation-based theory

**Individuation** = Human development observation-based theory

**Buddhism's Five Skandhas** = 5 obscurations observation-based theory

**Buddhism's Three Jewels** = reflect 3 spheres of traditional practice

### **Citations:**

Alderfer, Clayton P. (1972). *Existence, Relatedness, and Growth: Human Needs in Organizational Settings*, New York: Free Press.

Bajramovic, H. and LeMay, P. (2015). *Primal Mind, Primal Games: Why We Do What We Do*. Ottawa: Parzival Press.

Berne, E. (1961). *Transactional Analysis in Psychotherapy*, New York: Grove Press, Inc.

Cannon, W.B. (1932). *The Wisdom of the Body*, W.W. Norton, New York.

Chess, S., Thomas, A. and Birch, H.G. (1960), "Implications of a longitudinal study of child development for child psychology", *American Journal of Psychiatry*, Volume 117, pp 434-441.

Dweck, C.S. (2006). *Mindset: The New Psychology of Success*. New York: Ballantine Books.

Horney, K. (1950). *Neurosis and Human Growth*, New York: W.W. Norton.

Karpman, S. (1968). *A Game Free Life: The new transactional analysis of intimacy, openness, and happiness*, San Francisco: Drama Triangle Publications.  
<https://www.karpmandramatriangle.com/> and [https://www.youtube.com/watch?v=E\\_XSeUYa0-8](https://www.youtube.com/watch?v=E_XSeUYa0-8)

Mahler, M., Pine, F. and Bergman, A. (2008). *The Psychological Birth of the Human Infant*, New York: Basic Books.

Mahler, M. (1974). "Symbiosis and individuation: The psychological birth of the human infant", *The Psychoanalytic Study of the Child*, Vol. 29, pp 89-106.

Mukpo, D. (2014). Boston: Shambhala Publications.  
[www.shambhala.org/teachings/view.php?id=114](http://www.shambhala.org/teachings/view.php?id=114).

Robertson, J. and Bowlby, J. (1952). "Responses of Young Children to Separation from their Mothers", *Courier of the International Children's Centre*, Paris. 2, pp 131-140.