Modern psychotherapy holds that human behavior is leftovers from the evolution of millions of years of struggle to survive. We are left with the venous human nature that has continued to this day. Many theories show that we have passed on these traits to our children because we believe that this behavior is necessary to life and survival. Biological psychologists believe that this behavior is instilled because of instinct and genetic factors. It is the instinct of aggression which is the basis of survival. These instincts are the foundation of our current behavior.

The Middle Path by Don Perry

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