

## Who is crisis-proof?

This paper gives you an introduction to all the content of our web pages. The order of the "cases" is based on a certain structure of the sense content. Somewhere and at some point you set the first steps, and from them arise the following ones in connection with the goal.

If you ask some people that, you will probably get different answers. Maybe you are interested in them. Then ask a few friends or random people this question and write down the answers. This could be exciting and result in an informative collection.

The following answer is a suggestion from [prosocio.net](http://prosocio.net) : Crisis-proof is someone who can help others in a crisis.

This answer assumes that human beings are prosocial beings. This expression does not mean the same as the designation of man as *homo sociologicus*, which refers to certain "social roles" that man assumes within a society. This designation refers to certain "social roles" that man assumes within a society. They are assigned to him partly by society, partly by himself. There is often a wide gap between wish and reality. Under these conditions, people often find themselves in constraints that demand a degree of frustration tolerance from them that is not infrequently perceived as unbearable.

In contrast, the term *homo socius* seems noticeably more relaxed. The social man! We think of entertaining sociability, of support that can be obtained, of joint undertakings and the like — all in all of something welcome that we can experience, especially when we are not doing particularly well.

But what then is the prosocial person, the *homo prosocio* ? Latin speakers will notice here that the two words do not agree in *casus*, unlike *homo socius*. Here, the dative case is "Gebefall" in German, which means that someone gives something to another person. Thus, in the sense of the well-known saying "it is more blessed to give than to receive", the focus is on the reachable needy fellow human being.

Let us now return to the question of the crisis-proof person and extend the answer to this further question: A prosocial person is one who can and does help others in a crisis.

According to our understanding, this is the most efficient guiding principle for coping with crises of any kind.

Helping others is something that almost every human being on earth who has outgrown infancy should have experienced as a happy experience. Man is made in such a way that he can experience this. He is like the still-living fish that, found on dry land, is mercifully thrown back into the water. There it flourishes again, because water is its element. That is where he belongs.

Man should be a benefit and blessing to others. He who is, moves in his element. But where it is otherwise, something is very, very wrong.

You may ask: "But what about the sick, the needy, people who are handicapped in some way? Have they lost any ability to help someone else?" This is a very special situation that cannot be judged in a general way; however, quite a few people can report that they themselves have been built up by a good word, by encouraging statements, by radiating confidence, etc. on the part of people affected in this way. We should not let the thought arise that they could no longer be of use to anyone, and those affected should certainly not think that either.

How do we make ourselves crisis-proof? This question can therefore also be posed differently: How do we make ourselves capable of helping our neighbour? This is the major theme here, in each of the five travel cases through this life: the gathering and preservation of mental and physical strength and its use for the benefit of fellow human beings.

*[\(back to the subject area\)](#)*