

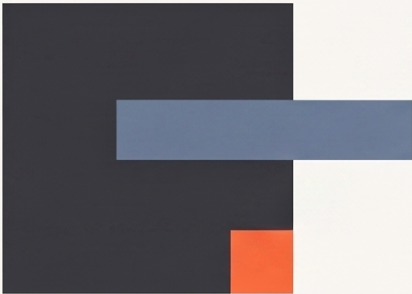
THE COMPETITION TRAP: EVOLUTIONARY MISMATCH IN THE POLYCRISIS ERA

How modern social environments trigger maladaptive competitive pressures and provide evidence-based strategies to realign human systems.

THE SEMCH MECHANISMS: WHY COMPETITION FEELS CONSTANT

SCALE CALIBRATION MISMATCH

We process global-scale status cues as personally relevant, distorting our sense of relative standing.



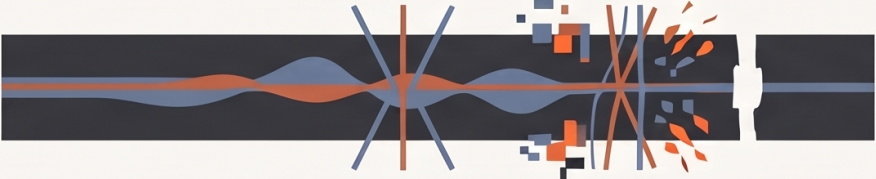
SIGNAL VALIDITY MISMATCH

Low-cost digital signals replace high-fidelity ancestral cues, inflating perceived competition despite reduced accuracy.



EXPOSURE DURATION MISMATCH

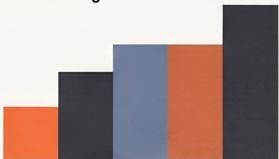
Continuous digital connectivity sustains status-vigilance mechanisms without opportunities for psychological recovery.



RESPONSE PATTERNS TO COMPETITION

COMPETITIVE ESCALATION

HIGH PERCEIVED SURMOUNTABILITY
Intensified status pursuit and elevated risk-taking



DISENGAGEMENT

LOW PERCEIVED SURMOUNTABILITY
Voluntary exit from career ambition or marriage



CHRONIC STRESS

LOW (DUT TRAPPED) PERCEIVED SURMOUNTABILITY
Persistent anxiety, depression, and feelings of inferiority



INTERVENTION: DESIGNING FOR HUMAN ALIGNMENT

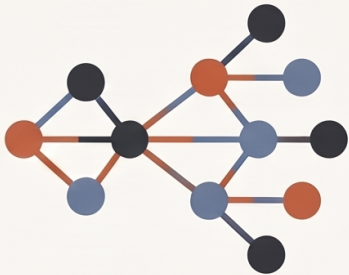
RESTORE BIOPHILIC INPUTS

Integrating urban green spaces reduces perceived crowding stress and restores cognitive attention systems.



EXPAND SOCIAL RECOGNITION

Broadening pathways for social value beyond narrow hierarchies reduces zero-sum competitive pressure.



RECALIBRATE DIGITAL NETWORKS

Prioritizing strong tie over influencers realigns social inputs with ancestral cognitive limits.

