

Human Resilience

Why the scale of the shift — which is supposed to fit within a single lifespan — has no precedent in psychology. Every recommendation for preparation assumes something rarely spoken aloud: that a person psychologically and physically endures the transition phase. The scale and speed of the shift converging here have no precedent in documented psychology. That is no reason for panic. It is a reason to treat resilience as its own layer of preparation.

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PART I

Foreword and Position

The eight pillars of preparation — geography, mobility, speed, earning power, asset structure, mindset, spiritual root, and character and community — rest on a silent assumption: that the person applying them can bear the strain of the transition phase. This assumption is nowhere examined. This whitepaper states it and treats it as its own variable.

The tone here is deliberately sober. The goal is not to generate fear, but to name a variable that the rest of the preparation literature silently presupposes. Whoever has a good location, several passports, and a clever strategy, but does not make it through the first years psychologically or physically, has still not held out. Resilience is the condition under which everything else becomes effective at all.

The central claim of this paper should be read cautiously. It does not say that a certain percentage of people will collapse. It says that nobody knows how many people can withstand a shift of this kind, because no population has lived through anything like it. That is a well-founded hypothesis, not a measurement, and it is disclosed as such in Part V.

PART II

What Falls Away at the Same Time

In a normal life, large losses arrive individually, spread out over time. What is new about the transition phase is not the individual loss, but the simultaneity and the speed.

Four sources of human stability are up for grabs at the same time. The profession, which is not only income but daily structure and part of identity. Status, one's position within an order that suddenly no longer applies. Social structure, the taken-for-grantedness of knowing where one belongs. And sources of meaning, the stories from which a life drew its significance. If one of these falls away, it is a severe blow. If several fall away at once, within a few years, it is something for which the individual has no practiced pattern.

What was historically spread over generations — a structural shift here, a migration there — is now supposed to fit within a single lifespan in this phase. Exactly this compression is the core of the problem. Humans are adaptable, but adaptation has a speed limit, and past experience says little about that limit, because the past was slower.

BEFORE · SPREAD OVER GENERATIONS. Career. Status. Community. Meaning.

NOW · ONE LIFESPAN. Career, status, community, and meaning — all four at once.

The same magnitude of shift, compressed into one lifespan. For this, humans have no practiced pattern.

PART III

What the Literature Knows, and What It Does Not

There is research that comes close, and there is an honest gap. Both belong on the table.

Stress research knows the concept of allostatic load, described by Bruce McEwen: the body copes well with acute stress, but sustained, accumulating stress leaves measurable traces and depletes reserves. The Holmes and Rahe scale shows the same from the other side: stressful life events add up, and the more of them accumulate in a short time, the higher the load and the greater the risk to health and functioning.

Disaster psychology and research on flight and displacement come closest. They document what happens when people suddenly lose place, structure, and meaning. These studies are real and serious, but they are local and time-limited: one region, one event, one period, often followed by an intact outside world into which one can rebuild. The shift at issue here is broad and long-lasting, and there is no intact outside world next door. That is why these comparisons deliver more of a lower bound than an upper one.

That is the honest gap. No population has lived through a shift of this scale, this simultaneity, and this speed. The question of how large a share of people can bear it psychologically therefore has no empirical answer. The strong hypothesis that a large share would struggle is plausible but unproven. It belongs on level three of the confidence grades — plausibly reasoned, not measured.

PART IV

Strengthening Resilience: The Preparation Layer

The good news lies in the diagnosis itself. Resilience is not a fixed quantity. It can be built up in advance, and that makes it a form of preparation like the other pillars, only directed inward.

Relationships, the strongest buffer. The most robust finding of the entire body of disaster research is simple: people with real, load-bearing relationships endure more. Social connection is the single most effective buffer against strain. This connects directly to the trust cluster of the Decoupling Thesis. Whoever invests in relationships during the calm years builds the reserve that carries through the hard years.

Body and rhythm. A body accustomed to exertion and a day with a rhythm are not a side matter. Routines that survive a disruption provide footing when the outer order breaks down. This need not be extreme, it only needs to be reliable. Reliability turned inward partially replaces the reliability lost from the outside world.

Inner anchoring and meaning. Viktor Frankl showed that even under extreme deprivation, inner freedom and meaning can be preserved, and that they are the load-bearing element when everything else falls away. That is the core of the mindset pillar, and it is not esoteric: panic produces bad decisions, and the ability to keep a moment of distance under pressure is the precondition for action. Whoever has a source of meaning that is not tied to job and status does not lose their footing when job and status fall away.

RESILIENCE IS NOT A CONSTANT

It can be built up in the calm years, and it is the one preparation that holds under every scenario, optimistic and severe alike. Relationships, a resilient body, a reliable rhythm, and a source of meaning beyond job and status are not wellness. They are the inner counterpart to location, mobility, and speed.

PART V

Methodology and Open Questions

This paper moves in sensitive territory, and it treats it accordingly.

The central claim, that a large share of people would struggle with a shift of this scale, is a level-three hypothesis, not a measurement. No concrete percentage is claimed. The comparisons drawn on — allostatic load, disaster and displacement research — are real but imperfect, because they lack the simultaneity and duration that constitute the actual problem.

The topic touches on the well-being of individual people. The institute treats it without alarmism and without remote diagnosis. It names a structural variable, it makes no diagnosis about individual persons, and in case of doubt it recommends speaking with professional support. What remains open is how resilience is distributed across people, what increases it most, and how it can be honestly assessed. The institute seeks the collaboration of psychologists, stress researchers, and disaster and migration researchers. The ongoing source maintenance lies open at ASIresilience.org/beweisweg.

PART VI

Sources and Evidence

McEwen, B. S.: the concept of allostatic load, the cost of sustained and accumulating strain on body and psyche. Holmes, T. H., and Rahe, R. H.: the scale for the accumulation of stressful life events.

Disaster psychology and research on flight and displacement as the next comparison points. They show high strain after the sudden loss of place and structure, but are local and time-limited and therefore deliver more of a lower bound. Population data on meaning, loneliness, and social bonds drawn exclusively from reliable sources such as Pew, OECD, and Eurostat.

Frankl, V. E.: inner freedom and meaning as the load-bearing element under extreme strain. Connects to the mindset pillar of the Decoupling Thesis.

Cross-references: Bertossa, R.F. (2026). The Decoupling Thesis. Institut für ASI-Resilienz, Whitepaper Version 2.0, May 2026 (trust cluster, mindset and anchoring pillars). Bertossa, R.F. (2026). Freedom After Superintelligence, The 13th Scenario, Part IV. Complete ongoing source maintenance at ASiResilience.org/beweisweg with the date of last verification per item.