



EVOLUTIONARY SCENARIO (from pre-human primates to today humans):

- 1) Starts when our **non-self-conscious ancestors** were capable of: [1]
 - **Auto-Representations** made of perceived and felt body parts, actions and emotions.
 - **Representations of conspecifics** as global entities **existing in the environment**.
 - **Evolution of primate identification with conspecifics.**
- 2) Merger of **Auto-Representations** with **representations of conspecifics** perceived & felt as **existing in the environment**.
- 3) **Auto-Representation** progressively becoming about an entity perceived & felt as **existing in the environment**.
 - => Build up of an **Ancestral Self-Consciousness** with elementary Reflectivity and elementary Free-Will.
 - Development of **FORESIGHT, ToM, Autonomy, Imitation, Communication (language), ...**
 - => Evolutionary benefits with positive feedback and **Evolutionary Engine**.
- 4) Evolution of **Ancestral Self-Consciousness** toward **Self-Consciousness as Object and as Subject**.
- 5) **Identifications with suffering conspecifics** amplified by self focus =>
 - **New Evolutionary related Anxiety** with important mental sufferings that could have stopped human evolution.
 - **Need of Anxiety limitation tools** for evolution to continue up to us humans.
- 6) **Development of anxiety limitation tools:**
 - **FORESIGHT** as a key **anxiety limitation tool** (mental simulation allowing anticipation and avoidance of sufferings) [2].
 - Usage of evolutionary benefits, of positive feedback & of **Evolutionary Engine**. Development of **Self-Consciousness**.
- 7) Sufferings from **New Evolutionary Anxiety** may have been **unbearable** for some pre-human primates =>
 - Limitation of sufferings by stopping the development of **Ancestral Self-Consciousness**. Stop in evolutionary process.
 - **Pan-Homo split** leading to today Chimpanzee (limited **FORESIGHT**, limited **ToM**, less anxiety than in humans).
- 8) **Ancestral Anxiety limitation** as a permanent constraint => Human generation of many **anxiety related** meanings.

CONTINUATIONS:

- Understand the **modes of anxiety limitation** developed during our pre-human evolution. Identify positive/negative ones.
- Use **anxiety management as a thread** for some new understanding of our human motivations and mental disorders.

CONCLUSIONS:

- An **Evolutionary Scenario** has been presented linking the **nature of Self-Consciousness** to a **New Evolutionary Anxiety**. The performance of **FORESIGHT** plays a key role in the scenario.
- The scenario is based on the **development of identifications with conspecifics** which has led to an **Ancestral Self-Consciousness** and also to an **Ancestral Anxiety**, still active as guiding our today mental and physical behaviors.
- The scenario proposes that the new **Evolutionary Anxiety** may have been **unbearable** to some of our primate ancestors. Evolution toward **Self-Consciousness** had to be stopped to limit the **mental suffering**. => **Pan-Homo split**.

REFERENCES:

[1] Menant, C. (2018). *Proposal for an evolutionary nature of Self-consciousness related to a human specific anxiety* (<https://philpapers.org/archive/MENPFA-4.pdf>)

[2] Suddendorf, T. (2013) : *The Gap: The Science of What Separates Us From Other Animals*