

ANALYTICAL POSSIBILITIES, APPROACH, PHASING AND PHYSIOGNOMY OF THE RESILIENT PROCESS

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Abstract: *Seen from the analytical angle of national security, resilience often contains localizations related to the psychological and social dimensions. Having complex psychological connotations, resilience can be considered both as a process and as a result, taking into account the capacity of social entities to resist, adapt and recover the levels of resistance, of adaptation and recovery of past levels lost after massive destructions. It must be accepted that the resilient process can be triggered at the levels of the individual and the community, by releasing the energies held, with the aim of restoring previously damaged levels. It signifies flexibility and the possibility of mobilizing internal energies and counteracting negative factors present in the subject's or social group's domestic or external environment. Resilient requirements emphasize the important role of the knowledge of theoretical-analytical contents, organizational approaches, deciphering the possible sequence of stages and knowing the physiognomy of the resilient process, all these approaches being useful for reducing, stopping and countering hybrid and asymmetric threats, restoring the damage to normal levels, which occurred in the past.*

Keywords: *resilience, resilient process, mind dimension, resilience of the self, sequences, analytic debut, vital energy, personality traits.*

General Assertions

The current uncertain, fluid and complex geopolitical context contains hybrid threats and challenges generated at multiple levels. Under these conditions, the presence and implementation of the resilience factor becomes critical for the implementation of national and international security policies, in maintaining the existence, independence and sovereignty of states.

The objective of individual resilience is the ability to maintain an unaltered state of health and capacity for exertion, even in the event of injury (trauma). The resilient approach conserves vital human energy under pressure in the body by means of the subconscious. The challenges of life can be countered, with the possibility of recovery from past negative adverse effects.

The objective of community resilience is given by the community's ability to carry on its existence and ordinary activities without limitations or

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