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**Specifics of Personal Transformation in a Crisis Situation**

A crisis situation, according to our approach to life extreme situations, not only creates negative consequences, but also opens an opportunity for growth and development. Life disasters cause not only negative reactions, but also positive transformation. Many people have positive changes in their lifes; they improve relationships with family and friends, get awareness of psychological strength, stability and change priorities in life after going through a stressful or traumatic situations (Magomed-Eminov M.S., 2008).

Our approach considers three forms of personal transformation in a crisis situation, such as disorder, resistance, growth. From the point of view of the inner work in the regard of personal meanings this triad can be seen as follows: in case of disorder as a form of personal transformation - fragmentation, conflict and loss of meaning, in case of resistance - the preservation of existing meanings, in case of growth - finding authentic, own senses through the loss of meanings, i.e. through exemption from the traumatic experience or irrelevant and improper for the person meanings. In a crisis, the semantic structure of personality transforms: a person does an inner work trying to make sense of the situation. (Magomed-Eminov M.S., 1998, 2008)

We consider meaning formation as "a personal work in connection with the awareness of the objective reality, the struggle with inadequate meanings and replacing them with new ones, true meanings". Another achievement of our approach is the consideration the principle of caring as the basis of positive personality transformation.

The results of our studies show that the meaning transformation as a result of extreme situations is not only mental process, but it radically affects human behavior. We have proved the relationship between the personal meaning transformation and behavior orientation to success or failure, such as hope for the future, activity, self-confidence or hopelessness, despondency, isolation etc.

The activity-notional psycho-transformative approach opens new therapeutic possibilities for the realization of psychological aid to people as restoration the practice of caring of oneself and of the Other person (Magomed-Eminov M.Sh. 2007, 2008), and for the discovery of new potential opportunities for growth and personal development.