

## The Redrock Readiness Newsletter

Episode 23: Situational Awareness

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“And their whole body, and their backs, and their hands, and their wings, and the wheels, were full of eyes round about, even the wheels that they four had.”

—Ezekiel 10:12

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Beau: One of the things that I was taught in the military is to **be aware of my surroundings at all times**. This is called **Situational Awareness** and it's one of the many reasons that I am able to sit here and type this newsletter to you.

One of the things that I was taught to always watch people's hands because eyes can lie, but **hands always show intent** and are ultimately what will usually kill you. (Some of you may have noticed that when I am approached, I tend to glance down at your hands to see what your intent is.)

Now, I am not saying you need to be like me—I went to several specialized schools and received ongoing training—but have a try at this practical exercise:

This week go out to lunch or dinner with family or friends, and **take time to watch what is going on around you**. Watch your tablemates, the server, the people walking past the window...**What is their body language saying? What do you think they are thinking?** How many of them are so **absorbed in their cell phones** that they're **completely oblivious** to what's going on around them?

The reason I want you to do this is simple: I want you to see the world like a criminal does.

A shocking thought? Well, let's be honest: the world isn't getting any better. As the economy worsens, crime rates go up proportionately. Criminals are by their very nature *predators*. They are watching everything that you are doing—because they **are trying to pick the easiest target they can find**.

If you're walking out to your car in the dark with your head bent over your cell phone, face it—you're not paying attention to your surroundings. To a predatory criminal, you are the equivalent of a crippled antelope.

Danielle: This may sound paranoid and scurry at first blush, but think about it this way: upping your situational awareness skills is just **increasing your powers of observation**. Keeping your head up and on a swivel will let you see nifty birds, people in need, and funny kids just as well as it'll help you see any suspicious-looking characters.

Warding off a criminal doesn't mean you have to go around growling like an angry Dalmatian. **Looking someone in the eye and smiling** is an effective deterrent to bad guys, yet still looks inviting to regular folks.



*Unless you smile like this.*

**Bad guys are opportunistic.** If you see them coming a mile away, you'll be able to both ID them and put up a fight. But if you acknowledge them, they'll figure you're a hassle and move on.

#### **Action Steps:**

- **Take a lunch to observe people.** Think about what you might look like to an outsider.
- **Look alive!** When you're out and about, keep your head up and look around. Look folks in the eye and smile!

Stay safe, and we'll see you next week!



Meow's it going? I am still in laundry-basket time-out for using Beau's debit card to order all the back issues of *Pretty Kitty Monthly*. I had to return them all... Plus I got a bath after and the shampoo gave me a rash. ☹️ I wish I'd bought some Benadryl with that debit card! It's proven to counteract lotsa allergic reactions. Be smart and get some for your kit!

Till next week—unless someone breaks me out of here! Send calamine lotion!