

The Power of Common Sense

There are people in this world who just seem to know what to do in a given situation. They remain calm and approach the problem in a way that conveys a real sense of confidence. Is this because they have received extensive training, are highly educated, or are just “smarter” than the rest of us? Perhaps, but it could also be that they’ve learned to rely on common sense as their primary tool. For example, I have no advanced military situational awareness training, have never worked in law enforcement, or managed a security team. What I do have is a well-developed sense of how to pay attention to my surroundings, and a consistent adherence to setting up and controlling the aspects of my world that affect my and my family’s everyday safety. After years of implementing the Common Sense Tips you’ll find in these pages, it’s become easier to do what needs to be done to avoid potentially dangerous situations.

“Common Sense” can be used to solve many problems, but maybe most importantly, to dramatically improve your level of personal safety.

I’m going to encourage you to:

1) Consider the ways in which you may be presenting yourself as a "soft target" to predators and

2) Embrace a set of “common sense” techniques to help you move safely through your world

One way to decrease your chances of being targeted by a predator is to present yourself as confident, competent, and aware of your surroundings. Many of us are oblivious to potential threats and go about our days in habitual and predictable routines. However, trying to live in a constant state of hyper-alertness is neither healthy nor an effective or practical method of self-defense. My goal is to help you demonstrate to yourself the changes that you can make to avoid a potential violent assault or a natural disaster scenario.

Take A Proactive Approach To Your Safety. This guide is designed for people of all ages. It has been crafted to expose areas in your current level of personal situational awareness that you may need to improve. I encourage you to approach each **Common Sense Tip** with an open mind and consider how well you currently use the strategy. If you tend to deny the possibility of violence affecting your life, use this as an exercise to safely confront your deeper feelings of fear and vulnerability. If, on the other hand, you view yourself as prepared to fight off an attacker because you take martial arts classes, get a copy of "Meditations On Violence" by Sgt Rory Miller. Sgt Miller shares his experiences as a top corrections officer dealing with violent criminals on a daily basis, many of whom enjoy the pain of physical violence. Hopefully, you'll never come face to face with someone tougher than you who has no fear of dying.

Additionally, you can use common sense to avoid and perhaps survive natural disasters. Be aware of potential weather situations such as tornadoes, hurricanes, floods, and high-fire danger situations. The main common-sense point for each of these scenarios is “avoidance”. Become familiar with the possible natural disaster scenarios and have a plan to avoid the situation, along with a plan for how you will deal with their sudden occurrence.

Perhaps this is your first hard look at personal situational awareness. I hope that at the end of this guide, you commit to using “common sense” to navigate this often dangerous world safely.