



## Secrets of Women's Self Defense 10 Target Traits

Ask yourself the following questions:

1. **Do you depend on the police, society or civilization** to protect you and your family and make crucial decisions?
2. Do you think so long as you don't directly hurt anyone else **you should be allowed to do whatever you want** without attracting any negative consequences?
3. **Do you put looks ahead of health**, that is, do you wear high heels on a dark empty street at night instead of changing into sneakers because sneakers just don't go with that little black dress? Do you drink too much alcohol or caffeine with no thought to your behavior?
4. **Do you tend to be in a rush**, or fly by the seat of your pants more often than prudent?
5. **Do you tend to try and make your point first rather than listening and observing**. Is your way the best or only way? Are you closed to advice and alternative ways of doing things?
6. Are you interested in examining the way your own mind works or **correcting repetitive problematic behavior**?
7. **Do you speak in a high-pitched, shrill, nervous tone**, or do you speak too fast?
8. **Do you have Droopy Weak Posture**?
9. **Do you show excessive manifestation of thought in facial expressions**, as in wincing excessively while searching for something in your bag? Are you giving off this or other subservient messages?
10. Do you think that **BEING NICE** is always the best way to get others to be nice to you?