



## Secrets of Women's Self Defense

### 12 Anti-Target Traits to Cultivate

**1. I Don't Expect Others-the Police, Society or Civilization-to Protect Me, or My Family.**

I know that something has to go wrong before the police can step in, therefore I am the first line of defense between family and emergency. If I take **PERSONAL RESPONSIBILITY** for my decisions, I can avoid 90 percent of conflicts and crises.

**2. I Accept the Conveniences and Inconveniences That Go with LIVING IN SOCIETY.**

I accept that I can't do, wear or say, whatever I want without the risk of attracting unwanted or unexpected consequences. I realize this feels unfair, but that reasonable allowances have to be made for the existence of other people.

**3. I Put HEALTH BEFORE VANITY.**

I try not to consume caffeine, sugar, alcohol or processed foods without noticing they might be causing aggression, brain fog, sleeplessness and mood swings. I know starving myself will ultimately slow my metabolism causing me to gain weight, become sick and moody. I only wear high heels when necessary so I can run or play when I want to (I also know predators listen for heels like a dinner bell!). The only way to true mental and physical health is the smart way.

**4. I Try to AVOID RUSHING Whenever Possible.**

Rushing creates distraction. I refuse to be thought of as flaky or unreliable, so I leave extra time for traffic and other unavoidable inconveniences. I believe more things go wrong when I rush.

**5. I Live by Stephen Covey's Quote, "SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD."**

I accept that being open to alternate view points, even when I disagree, helps me to be better informed. I know listening earnestly is difficult but important. I don't want to make decisions based on incomplete or faulty information. If I regularly speak without listening, potential predators may note that I am disconnected and unaware.

**6. I Correct Repetitive Problematic Behavior.**

Statistics show people we know are more likely to cause us harm, probably because knowing our weaknesses or behavioral patterns makes it easier to exploit them. **SELF-AWARENESS** keeps me from being the main cause of my own woes.

**7. I Try to Modulate My VOICE to Keep It from Sounding Too Shrill.**

I am aware that speaking quickly and or high-pitched registers to many as youth or distress. Most people respond to those things with generosity and assistance, but not all. I know lower, slower voices hold attention longer.

**8. My POSTURE is Important to Me.**

I know droopy posture indicates I may be slow, weak or lack confidence. Strong posture sends powerful signals even if I'm sitting. I do yoga, taichi, pilates, swimming or some form of strength training within my ability a few times a week. I wear the best possible shoes when I'm walking. I never sit for more than an hour without stretching or moving.

**9. I Don't Let Emotions Make Decisions for Me.**

I know great decision-making requires **LOGIC AND EMOTION**, and that over-dependence on either can be problematic.

**10. I Am Conscious of My NON-VERBAL COMMUNICATION Signals.**

I understand non-verbal signals are 60 to 90 percent of communication. I know wearing my distaste face at the wrong time may adversely affect my goals and even create conflict; lip-pursing is a sign I'm hyper-focused, wincing excessively while searching for something in my bag is a request for emotional validation. These signals help predators take advantage of me.

**11. I Believe in Being PREPARED.**

I understand that people who think ahead are less likely to get lost, forget important things or get caught in the lurch, so I carve out 5 minutes or so each morning or evening to create a basic mental or written map of my day. I prepare with extra care when traveling or doing anything new or unusual. Knowing change is the only constant, I remain flexible and ready to recalculate.

**12. I Know BEING NICE IS NOT ALWAYS THE BEST WAY to Gain Respect.**

I know niceness can sometimes read as subservience or malleability and may cause asocial people or type-A personalities to see me as less intelligent and therefore to be disregarded or even manipulated. I prefer to be thought of as fair-minded and decent, but assertive.