

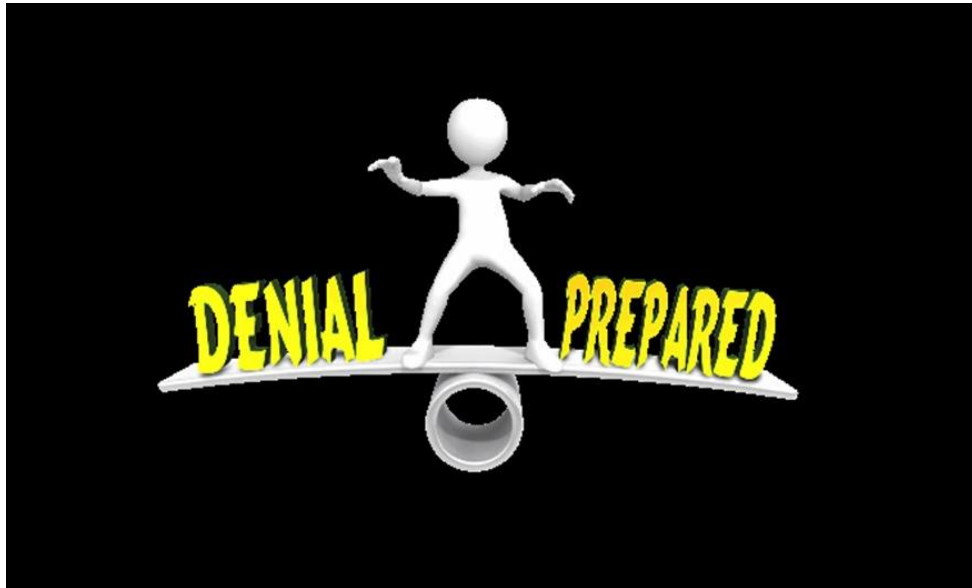


# Dedicated Threat Solutions, LLC

## Decision Point

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When it comes to your personal safety you have a choice to make on how you will proceed. You can choose **denial** or you can choose **preparedness**. To choose preparedness is to choose safety. Choosing denial is an acceptance of the status quo. For people who are safety-oriented the decision is clear and obvious. Yet there are many people who rarely, if ever, think about personal safety. Safety is an afterthought in response to an incident they see on the news, someone they know is victimized, or they become the victim of a violent act. Being reactive is a failed plan especially when your safety is involved.



Do you choose Denial or Preparedness?

I recently conducted a webinar on **Fear Management** in which I discussed the options of denial and preparedness. My goal was to get participants to think about their safety. Following the webinar I received numerous positive messages relating to this concept. Such feedback was enlightening because it shows that people understand that their personal safety is a choice. ***The reality is that you cannot delegate your safety to anyone else.*** You must be prepared to be your own first responder when violence is directed at you.

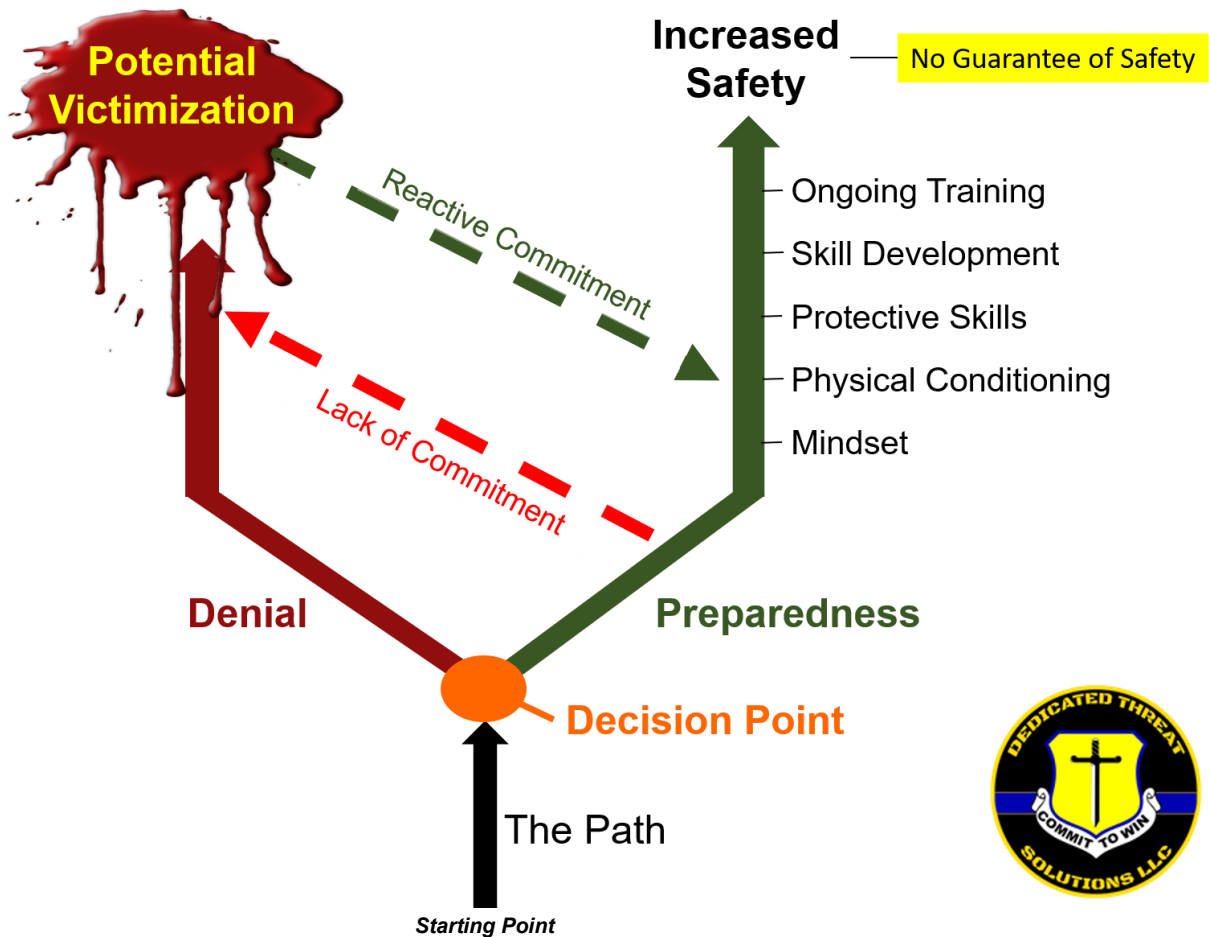
## Decision Point



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## Decision Point: Denial or Preparedness

The choice between denial or preparedness warrants further investigation. At some point you may be confronted with this important decision. Your decision and the path you choose to follow can have lifelong implications and consequences. Choose wisely...



### *The Path*

Whether we think about it or not we are all on a path in life. Some attempt to rigidly plan their life while others go with the flow. Both strategies may not be the best. Regardless of your path there are certain things that require due diligence and attention. Personal safety should be at the forefront. When your safety is in jeopardy it takes precedence over all other aspects of life.

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## *Decision Point*

At some point you may come to the realization that your personal safety must be addressed. Oftentimes this occurs when someone we know is involved in an incident. We start to ask, “*What if that had been me or someone in my family?*” We personalize someone else’s misfortune and quickly realize we are not properly equipped to handle ourselves if confronted by a violent predator. It is at that time we have reached the “Decision Point” and are forced to make a choice. *Do I choose denial or do I choose preparedness?* The longer you wait to make a decision the easier it is to stay on your current path without making any proactive changes. In other words, by not changing you have chosen denial. It is the easier path because all you have to do is to continue doing what you have always done. **Denial equals the status quo.** To choose preparedness requires action. You must learn new skills, break old habits, develop new habits, and remain dedicated to the new path of safety. This requires work and consistency. If you do not know where to start it can feel overwhelming.

## ***The Path of Denial***

If you choose denial you inherently accept the consequences of your decision. This doesn’t mean you are doomed to encounter violence but it does mean you are not optimally prepared to resolve violence. Along this path is the possibility of potential victimization. If you are victimized, assuming you survive, you are again faced with another decision point. It is the same decision point as before: *Denial or Preparedness.*

This time the big difference is that you are being reactive to an incident that has already occurred. If you choose preparedness at this point it is a **Reactive Commitment** to safety. Remember, you could have been proactive prior to your victimization and chosen preparedness at an earlier time. I do not say this to victim blame. I only point it out as a matter of fact. Reactive Commitment is not a guarantee that you will commit to your safety goals long-term. You may end up engaging in old habits where you find yourself back on the path of denial. And once again you are primed for victimization by not being adequately prepared to resolve violence!

## ***The Path of Preparedness***

It is always better to choose the path of preparedness in a proactive manner rather than a reactive manner. Choosing preparedness is work but the effort will pay off as you become empowered in the knowledge that you are prepared to avoid, mitigate, or respond to violence. Preparedness requires commitment that is long-term.

## **Decision Point**



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In the early stages of a new decision it is easy to be motivated to change. Overtime it is not uncommon for commitment to waiver and motivation disappear. Before you know it you are engaging in old habits which in this case leads you back to the path of denial. Your internal self-talk justifies complacency. You tell yourself things like nothing is going to happen or I'm being paranoid. And just like that your lack of commitment has returned you to the less safe path of denial.

If you maintain your commitment to safety you become dedicated to learning new safety skills which may include mindset, physical conditioning, and learning protective skills such as self-defense and/or firearms, etc. You consciously and willingly make a personal commitment to skill development and ongoing training. Choosing safety does not have to be overwhelming or time consuming. It does require consistency and dedication but learning, developing, and practicing these skills can be worked into your schedule.

It is important to note that your commitment to preparedness will make you safer but it is not a guarantee of safety. Unfortunately, there is no guarantee of safety. You can learn all the requisite safety skills and still be victimized. Training increases your ability to be prepared.

You have a decision to make: ***Will it be denial or preparedness?***

## About the author

*Scott Kirshner, M.Ed., SAS-AP® has been a Parole Administrator, Supervisory Probation Officer, and a Corrections Officer. He has extensive experience as an officer survival trainer and has been a lead defensive tactics instructor, firearms instructor, and use of force instructor. He is the author of numerous safety related books which is available on Amazon.com. Mr. Kirshner is the owner and Lead Instructor of Dedicated Threat Solutions, LLC. The author can be reached at: [info@dedicatedthreatsolutions.com](mailto:info@dedicatedthreatsolutions.com) or to learn more visit: [www.dedicatedthreatsolutions.com](http://www.dedicatedthreatsolutions.com)*

## Decision Point