



The #1 Threat To Your Survival

with Jeff Anderson for www.ModernCombatAndSurvival.com

How You Can "Defeat Cognitive Dissonance"

This is a very normal, "human" thing. We naturally try to merge our actions with our beliefs.

- When you have 2 conflicting thoughts at the same time, there's a natural sense of discomfort that our brains don't like.
- We naturally try to rationalize one thought over the other to resolve this conflict.
- You can either UNDER-play the risk, or OVER-play the reward. to resolve the conflict.
- Refusing to bug out in a disaster is one example of this in action. Ignoring a noise in a home invasion is another. So is complying with an attacker even if he tries to take you to the dreaded "secondary location."
- Your thoughts lead to actions, and your actions can either save your life or kill you.
- Defeat this cognitive dissonance by following these guidelines:

Step 1. Get In The Habit Of Amplifying The "Risk Probability"

This is the "better safe than sorry" approach.

- This applies when you can't dismiss the threat level at ANY time. You HAVE to assume an attack is imminent.
- In a natural disaster, your home COULD Be destroyed.
- In a hold-up, the guy with his hand in his pocket COULD have a gun on you.
- In a fight, the loudmouth in the bar really MIGHT punch you.
- In a pandemic, assume EVERYONE you encounter has the disease.

Step 2. Know Your "Response Triggers" Ahead Of Time

No risks are 100% certain, so you have to have a way to know WHEN they ARE more certain. When you know what to look for, then you know WHEN to take action.

- If you have to ASK yourself whether to stay or go in a natural disaster, that's the trigger, and the answer is to get out of Dodge.
- Being taken to a secondary location will almost always end in your death (or worse).
- Learn to spot pre-fight indicators that show an attack is imminent, such as tensing of muscles, clenching fists, etc. (Watch the video at defeatlargerattackers.com for more.)
- In a pandemic, your response trigger might simply be paying attention to infection statistics, locally or nationwide. If you interact with someone who is at risk, you have a LOWER threshold for triggering your response.

Step 3. Be PREPARED For Your Response When You're Triggered

You can't "write checks" your skills and preparedness level can't "cash."

- You need a bugout bag, supplies, and survival plan in place before a disaster.
- You need good training, equipment, tactics, and habits to survive a real gunfight.
- You need to know the REALISTIC self-defense moves that will work against anyone, no matter how big, in a fight.
- Do you have the right protective equipment and supplies, as well as a plan in place, to survive a pandemic?
- Role-play to find the gaps in your gear/training.

Prepare. Train. Survive.

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