



Mental Exercise Checklist and Scenarios

At Home:

- What if I hear the front door being kicked down or a window shattered?
- What if my burglar alarm goes off in the middle of the night?
- What if a stranger at the door suddenly produces a weapon?
- What if I find the door to my house open upon arriving home? (This is an easy one: Stay outside, call 911 and let the police do their job.)
- What if I hear someone in the house at night? How do I distinguish a family member from an intruder?
- What should I do if I hear someone outside of the house? What if I believe he or she is stealing my property? (Also an easy one: Stay inside, call 911 and be a good witness.)

In Public:

- What if I'm approached by one or more individuals who cause me concern?
- What if I "step off the line" and they follow me?
- What do I do if they produce a weapon? What if it's a knife? What if it's a gun?
- What if a threat materializes between a loved one and me?
- What if I see an attack in progress on someone else?
- If I see someone who I believe has committed or is about to commit a crime, what should I do? Should I follow the individual or stay in a safe location and call 911?

Mental Exercises Checklist:

- What are my options? Can I avoid the situation entirely? Can I escape? Am I forced to defend myself?
- What cover or barriers are available?
- How do I move "off the line?"
- How do I draw from the holster?
- What commands do I give?
- What are the requirements for speed versus accuracy?
- How do I work the physiological reactions into my response?
- How do I disengage/re-engage any safety devices, including holster retention, manual safeties or decockers?
- How do I clear a malfunction?
- How do I perform a reload?
- What do I do in the aftermath?
- Who do I call and what do I say?
- What do I say to the police when they arrive?
- What will I do when I'm arrested?



**TACTICAL & STRATEGIC
INNOVATIONS**

- Where is my lawyer's contact information?