CHAPTER 1: DEVELOPING A SURVIVAL MINDSET

THE COMPLETE STEP-BY-STEP SYSTEM TO GUARANTEE YOUR SURVIVAL
Chapter 1 - Developing a Survival Mindset

While having the right tools and supplies is an important part of being able to survive, the right mentality is even more important. We refer to it as the survival mentality. More than anything, it is the positive conviction that you will make it through, no matter what. This sort of mentality will keep you going, when there's nothing else that is.

When Navy Seals go through training, they make it very easy for them to quit. They can quit at any time they choose. All they have to do is walk over to a bell that is right in the middle of their training area, ring the bell and take off their helmet liner. Once they've done that, they're shipped out to another duty assignment, based upon their experience and training, no questions asked.

Why do they make it so easy to quit? Because what makes a Seal special, more than anything else, is the attitude that they won't quit, no matter how hard it gets. Their motto says it all, "The only easy day was yesterday." They expect things to be hard and they expect to overcome those hardships to complete their mission.

All too often, people give up way too easy in a survival situation. They don’t commit themselves to surviving, no matter what. When things get hard, it’s always easier to quit. But those that quit don’t end up surviving.

Survival is difficult, there’s no question about it. When you are faced with a survival situation, you’re going to have to do things you’ve never done before. You’re going to have to overcome problems you’ve never faced before. You’re probably going to have to work harder than you ever have in your life. That’s all part and parcel in the game. But you can do it.

For almost 400 years, people have migrated to what we call the United States of America. When that great migration started, there were no corner convenience stores. There were no public utilities. There was no great infrastructure. There was no wealth, no food stamps no welfare program and no free health insurance. All that America had was a lot of wide-open land, filled with trees and wildlife. Yet people have flocked to this nation for the last four centuries, seeking a better life.

If there is one thing that those millions of immigrants have in common, regardless of where they came from or in what century they arrived, it is an independent spirit. Rather than stay at home and accept things as they were, each of them made the decision to break ties with their homeland, travel to the United States, and make a better life for themselves and their children.

All that those millions of immigrants asked for was opportunity. They didn’t come here with their hand out, asking for food stamps and welfare checks, they came here asking for land and jobs. They sought nothing more than the chance to prove that they could do it on their own.

That indomitable spirit is inside you. Oh, you may not recognize it, but it's there. You received it from your parents, who received it from their parents. It has been passed down from generation to generation, passed along genetically or in your mother's milk. It is what makes Americans unique. What makes us a people who cannot be defeated and what makes us a people who will always overcome.
Part of why we don’t recognize that spirit is that those things aren’t valued today as much as they were in past times. Today, people are looking for a handout, rather than an opportunity. They think that society owes them, rather than realizing that they have a debt to life itself, to make something of the opportunity that they have been given. They have given up being the people their parents and grandparents were, with many of them becoming socialist creatures that sponge off of society.

Those who make the decision to stay that way are going to be those who die in a survival situation. They won’t do what they need to do, expecting someone else to do it for them. They won’t take care of themselves, rather expecting big government to take care of them. They will still be waiting, with their hand extended, when the grim reaper pays them a visit.

You need to awaken that pioneering spirit within you. That’s the spirit will do whatever is necessary to survive. Many of those immigrants did things that you and I wouldn’t want to consider, but they survived. They took jobs that we wouldn’t want to take, but they survived. Through their willingness to do whatever it took, they became part of the very fabric of this country; and through their survival, they made this country grow and become strong.

All of that is still within you, just waiting to be awakened. It would be better to awaken it now, before you need it, than to wait until a crisis comes and then try to awaken the strength you have within you. As you are preparing for the coming disaster, prepare your heart, mind and spirit, not just your stockpile and your home.

**Developing a Defensive Mindset Too**

Your survival mindset is going to help you to survive, but it’s not going to do much for you in the sense of protecting you from the two-legged predators that are going to be out there after a disaster. You will need to be prepared to defend yourself from them, or it won’t matter how well you are prepared to survive.

These two-legged predators will be a combination of the current criminal element that lives throughout the country, as well as people who have only avoided being criminals because they were afraid of being caught. Between a lack of law enforcement and their own desperation, they will step over the line into a life of crime.

This happened extensively in Argentina, after their financial collapse. Many of those who lost their livelihoods turned to crime in an effort to feed themselves and their families. There were no job prospects for them, so they could either turn to a life of crime or starve.

In normal times, criminals mostly use guns to intimidate their victims. However, in a time of crisis, with a lower chance of getting caught, criminals are going to be much more likely to shoot first and ask questions later. To counter this, you will need to be ready to protect yourself at all times.

A lot of this is just being aware of what’s going on around you. Learn to keep your head on a swivel, looking all around you to make sure that you see everyone within the area and what they are doing. Never assume suspicious looking activity is benign, look to see if there is something dangerous behind it. By being aware, you will spot any suspicious activity, before they can get close. That will give you the time you need to have, in order to react and protect yourself.
The other thing you must realize is that these people will kill you if necessary to get what you have. Therefore, you can't hesitate in treating them the same way. Hesitating could very easily get you killed. You need to follow these basic rules of engagement.

- Make sure you see what is happening all around you.
- Never assume that someone is not dangerous, just because they don't look dangerous.
- Don't hesitate to draw your gun if the situation looks dangerous.
- Never draw a gun with the intent of scaring someone. If you draw it, it is with the intention of using it.
- Never fire unless you intend to kill them; wounding an attacker is harder.
- Once they fall to the ground and stop attacking, it's time to stop shooting.

You will always be at a disadvantage in a shooting situation, in that you don't know the intent of the enemy. They have the initiative. That's why you want to stay aware and draw your gun as soon as you sense danger. By doing so, you save yourself precious seconds when the lead starts flying.

The other disadvantage you have is that you are probably not a violent person who would think nothing of ending someone else's life. Taking a life is serious and many people falter when it comes time to do so. However, you can be sure that those bad guys aren't going to falter. You will need to overcome your natural reluctance to shoot, otherwise they can take you out of action before you can do anything.

A lot of this is mental. You need to think it through and prepare yourself for making that decision and taking that action. You can't wait until you're caught in a gun fight to think about it, you've got to think it through ahead of time, so that you'll be ready.

If you ever have to shoot; remember that it was their fault. They were the aggressor who put you in a position that you had to defend yourself. There's a huge difference between them and you. They were going to use violence to destroy and take away what is yours. You chose to use it to defend and protect the life of your family. While methods might be similar, the motivation is totally different.

**OPSEC (Operational Security)**

In addition to those people who are going to choose to become a danger to those around you, there is a good possibility that you might find yourself in danger from pretty much everyone around you. You see, you are about to join the ranks of that one percent of our population who is preparing to face a coming disaster. By doing so, you could become the target that some are looking for.

Perhaps I can explain this the best if we turn the tables for a moment. Imagine for a moment that you are not part of the one percent who is prepared, but you know someone who is. What would you do if a disaster struck and you couldn't find food for your family? Wouldn't you show up at their doorstep, trying to talk them out of some food?

Okay, now let's take that a step farther. Your family is starving and you show up at their doorstep looking for food, but they refuse to share anything with you. Now what are you going to do? Are you just going to walk away, saying that "you understand" or are you going to become violent?
That's the very problem that you are likely to face, people showing up at your doorstep. That is, you are likely to face it, if people know that you have food and water and they don't.

The military has a concept called "operational security" or OPSEC for short. To put it simply, the idea is to deny the enemy any information that they can use against you. The more they know, the easier it is for them to plan an attack against you. But if they don't know anything about you or what you are doing, they may not even realize that it would be to their benefit to attack you at all.

In other words, everything that you are about to do, in order to prepare for a disaster, just became top secret. The only people who have a need to know are your family members and anyone else you choose to bring into your home as part of your survival team. Those people (your family and team members) must be sworn to secrecy, so that they don't tell anyone either.

Of course, even if you don't tell anyone, there's a good chance that some people will find out what you are doing anyway. It will be hard to hide what you are doing from your friends, neighbors and family members, although for different reasons. Your friends will come into your house, so they might see something that is left out, rather than put away. Your neighbors may see things just because of proximity and carelessness. If you aren't careful to hide it, there's a good chance they will see something, especially if you have nosy neighbors.

You will need to take extra pains to keep hidden what you are doing. If you go to the local warehouse store and fill your truck up with food, make sure that you unload it in your garage or backyard, where people can't see it. Find places to put the things you are going to buy, where they won't be visible to those who come into your home. Disguise your preparations, so that people don't realize what it is they are looking at.

You can even use disinformation to your benefit. My neighbors know that I like tinkering in my garage workshop, making things. So, when they see me erect a wind generator or put some solar panels on my garage roof, they don't think anything of it. When I built a big greenhouse in the backyard, we explained it away as wanting to grow our own vegetables, so as to avoid eating GMO foods. The 500 gallon water tank in my backyard is there for us to mix chemicals into for watering our garden.

Everything that we do to prepare for a disaster is explained as something else. Since the explanations happen over a period of months or even years, people don't make the connections, thinking that they are related. They are just separate events, happening over the years.

OPSEC doesn't stop when a disaster hits. In fact, it's even more important then. During the disaster you need to hide the fact that you're better off than the people around you are. If they think that you are living better than they are, they'll come around to see why.

You need to appear to be suffering as much as anyone else is. Lose weight, so that they will think that you don't have enough food either. Don't shine lights from your windows. Don't let trash pile up, especially food packages and other things that will show that you are living well. Don't drive your cars around all the time if nobody else is. Save your gasoline for emergencies.
Hiding that you are living a more normal life will be difficult, when everyone else is suffering. Cooking food can give off odors that will attract others. Watching a movie on the television set might be heard from in front of your house. Everything you do to live normally might be seen or heard, making people wonder how you are doing it.

Part of OPSEC is disinformation, like I mentioned a moment ago. That's why I suggested losing weight, to give your neighbors disinformation. Another way of doing so is to go pick up any government assistance that is available, just like everyone else is doing. If you are seen in line waiting for a handout, it will imply that you need that handout, just like everyone else does.

You might also need to do things like avoiding cutting your yard and letting your house look a little disheveled. If nobody else can cut your yard, then how will you be able to? Of course, if you have a machete and cut it by hand, nobody will be wondering.

Watch out for smoke coming from your chimneys or fire pit. If you burn your trash, it might put off smoke, especially plastic. Wet wood also puts off smoke, so make sure that your firewood is dry before using it. Every detail counts towards perfecting your OPSEC.

Co-Opt Your Neighbors
Another thing you can do, in place of such stringent OPSEC is to co-opt your neighbors as part of your survival team. There are two basic ways of doing this. First of all, if your neighbors are friends, you might be able to get them interested in preparing for a disaster as well. In that case, you could make an agreement to work together in the event of a crisis.

That's actually to your advantage, as survival is a lot of work. By working together, you can work more efficiently, saving time and getting more done. But the biggest advantage is that you can work together to defend yourselves, increasing the number of shooters you have at your disposal.

It's doubtful that you'll get all your neighbors to work together as a survival team. There will always be people who want to depend upon big government to take care of them. They won't prepare, because they are honestly expecting FEMA to show up with truckloads of food and keep them fed. These are the dangerous people; the ones who will expect a handout.

Okay, so here's what you do. Buy lots of beans and rice, as well as lots of heirloom seeds for a vegetable garden. Then, after the disaster strikes, when they come knocking on your door, you can trade them beans and rice for their labor. If they want to eat, they can choose to work for it. Granted, it won't be as good as what you are eating, but it will keep them alive.

At the same time, you can help them to start a vegetable garden in their backyard. That way, they don't become a permanent burden to you. Instead, you will be helping them become self-sufficient, working their way to becoming a full-fledged member of your survival team.