

RUN. HIDE. FIGHT.

Quick Decision Guide for Civilians



RUN



HIDE



FIGHT



STAY CALM • ACT FAST • SURVIVE

RUN, HIDE, FIGHT

A Quick Decision Guide for Civilians

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CHAPTER 1 – Introduction

Emergencies do not announce themselves. They happen suddenly, often without warning, and in places we consider familiar or safe.

This book exists to help you prepare—not through fear, but through clarity.

Preparedness is not about expecting danger everywhere. It is about knowing how to think, how to move, and how to remain calm when something unexpected happens.

You do not need special equipment or training to benefit from this guide. You only need awareness, intention, and a willingness to think ahead.

This book will help you:

Understand how stress affects decision-making

Recognize options when seconds matter

Build calm awareness into everyday life

Develop a personal safety mindset

Preparedness is not paranoia. It is confidence.

CHAPTER 2 – Understanding Risk Without Fear

Risk exists everywhere, but fear does not need to control you.

Prepared individuals understand that risk is part of life and can be managed through awareness and planning. Fear narrows perception.

Awareness expands it.

Instead of asking, “What’s the worst that could happen?”, ask:

“What options do I have?”

“What would help me stay calm?”

“Where are my exits?”

When awareness becomes habit, fear loses its grip.

CHAPTER 3 – How the Brain Responds Under Stress

When danger appears, the brain activates survival mode:

Heart rate increases

Vision narrows

Time perception changes

Fine motor control decreases

This is normal.

Training your mind helps you work with this response rather than against it. Simple mental preparation improves clarity, decision-making, and composure.

You don't rise to the occasion—you fall to your level of preparation.

CHAPTER 4 – The Run–Hide–Fight Framework

The Run–Hide–Fight framework is not a sequence—it's a set of options.

Run: Create distance when it's safe to do so.

Hide: Reduce visibility and exposure.

Fight: A last-resort mindset focused on survival.

The goal is flexibility, not rigidity. Situations change, and your response must adapt.

CHAPTER 5 – RUN: Creating Distance and Safety

Running means moving away from danger efficiently.

Key principles:

Identify exits early

Avoid bottlenecks

Keep moving until you reach safety

Distance buys time. Time creates options.

Preparation means you already know where to go before you need to move.

**CHAPTER 6 – HIDE:
Reducing Exposure and Risk**

Hiding is about minimizing detection and risk.

Effective hiding includes:

**Barriers between you and danger
Reduced visibility and sound
Staying still and patient**

**Hiding is not passive—it is controlled,
intentional waiting.**

CHAPTER 7 – FIGHT: A Last-Resort Survival Mindset

This section focuses on mental readiness, not tactics.

If escape or hiding is impossible, survival depends on:

Commitment to self-preservation

Decisive action

Creating an opportunity to escape

This is not about aggression. It is about survival when no other option remains.

CHAPTER 8 – Awareness in Everyday Life

Awareness is a habit, not a reaction.

Simple practices include:

Noticing exits when entering spaces

Observing behavior and movement

Staying present instead of distracted

**Over time, awareness becomes effortless and
calming.**

CHAPTER 9 – Mental Rehearsal and Preparedness

Mental rehearsal prepares the mind without risk.

Visualize:

Where you are

What you notice

How you would move calmly

This strengthens confidence and reduces panic.

CHAPTER 10 – Helping Others Safely

Helping others is natural—but safety comes first.

Support may include:

Sharing information

Guiding others verbally

Offering reassurance after danger passes

Helping does not require self-sacrifice.

CHAPTER 11 – Emotional Recovery and Resilience

After stressful events:

Acknowledge emotional responses
Talk with trusted people
Return to routine

Recovery is part of preparedness.

CHAPTER 12 – Building Your Personal Safety Plan

A simple plan includes:

**Awareness habits
Exit knowledge
Communication plans
Mental rehearsal**

**Preparedness should feel empowering, not
overwhelming.**

CHAPTER 13 – Practical Checklists and Tools

Use checklists to reinforce habits:

Awareness checks

Exit planning

Mental rehearsal

Communication plans

Consistency builds confidence.

CHAPTER 14 – Living Prepared, Not Afraid

Preparedness is peace of mind.

You don't need to live in fear to be ready. You only need awareness, intention, and confidence in your ability to respond.

Preparedness is not about expecting danger—it's about trusting yourself.

Final Note

Thank you for investing in your safety and awareness.

Preparedness is a quiet strength that serves you for life.

