

## SELF-DEFENCE by Michael Loftus September 30, 2023

Thank you, Father John, for having me speak at your wonderful church for such lovely people.

Here's an issue I bungled. This is an excellent video on how a Gun Disarm is *possible* but not *probable* (though it has some options for 'distracting' before trying to disarm). Can You REALLY Disarm a Gun? (11m02s long) at 9:01 it teaches reaction time. 10:33 Summary: *possible* but not *probable*. Some of the viewer's Comments below the video are also very interesting. <https://www.youtube.com/watch?v=4uGYuGXmEr8>

I also did a poor job of explaining how to turn 'fear into fury.' My pages explain it better and may help people:

- **Stress Control:** Overview of FEAR <https://www.crime-safety-security.com/stress-control-overview.html>
- **Fear Itself:** <https://www.crime-safety-security.com/stress-control-fear-itself.html>
- **Willpower is hope and will:** <https://www.crime-safety-security.com/stress-control-willpower.html>
- **Punched-absorbing and overcoming pain:** <https://www.crime-safety-security.com/stress-control-punched.html>
- **Wounded-rising above injury:** <https://www.crime-safety-security.com/stress-control-wounded.html>
- **Courage is *choosing* to survive:** <https://www.crime-safety-security.com/stress-control-courage.html>
- **Acting is role-playing for *real*.** When you act fierce, you become fierce. It becomes more reflexive if it's practiced daily with the 1-Minute drill ('handwashing' practice). Fake it, the reality will follow. There's no guarantee of full transition, but you boost your odds and lessen panic: <https://www.crime-safety-security.com/stress-control-acting.html> .
- **Optimal Mindset to fight for your life:** <https://www.crime-safety-security.com/stress-control-optimal-mindset.html>
- **Stress Control Recap:** <https://www.crime-safety-security.com/stress-control-recap.html>

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