

## The Attack Cycle

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<b>1</b>	<b>Look</b>	All predators must first seek their prey
<b>2</b>	<b>Choose</b>	In the process of looking, they will choose their intended victim
<b>3</b>	<b>Stalk</b>	They observe, decide if it's worth the effort, then figure out how to strike
<b>4</b>	<b>Close</b>	After determining their plan of attack, they will close-in to a strike position
<b>5</b>	<b>Strike</b>	After first four steps, they will execute their attack

All predators must first seek their prey. They can't do anything to you if they first don't go looking for you. In the process of looking, they at one time or another must choose their victim. These two steps—look and choose—must occur in that order. You can't choose someone if you don't first go looking for them.

Next is to stalk their prey. They may observe you for a while to figure out if you're really worth the effort; maybe you are, maybe you're not. Once they make their decision, they then need to figure out how to get close to you.

After looking, choosing and stalking, the bad guy is then tasked with closing the gap from his physical position to your physical position. Lastly, and only after these first four steps, will he be in the right place and at the right time to execute his attack.

In the intelligence community, we refer to this as the Attack Cycle: Look, Choose, Stalk, Close, Strike. It is this cycle, the execution of these five steps in order—which any predator must follow to present you with a physical threat. He must follow all five steps. He cannot omit even one, and he cannot execute them out of order. They must be followed one at a time and in this exact sequence, or he fails.

### Break the Cycle

Three easy ways to break the cycle:

- 1: Don't put yourself in harm's way (no need to go to the ATM at 2 a.m. in a bad neighborhood)
- 2: Don't be an attractive victim (cash hanging out of your purse, belligerent or drunk in public, etc.)
- 3: Make the bad guy ask the question "Are there softer targets around?" and answer "Yes."

Remember, he must do everything right, follow every single step of the Bad Guy's Blueprint, one at a time, and in the exact sequence. All you need to do is burn him one time, any step along the way, and his plans are compromised—you've taken control. Disrupt his plan and you stop the threat. It's easy to do when you know how to read the Bad Guy's Blueprint.