

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

THE FOURTH AMENDMENT DANGERS OF SECTION 702

How The Government Keeps Tabs On You Without A Warrant

By Jason Hanson

Former CIA Officer

Section 702 of the Foreign Intelligence Surveillance Act allows the government to conduct surveillance of foreign nationals who live outside the U.S. to help stop terrorist attacks. The government can collect communications from around the world, all without a warrant.

Of course, this is controversial, and for good reason. As you likely already know, it was revealed that FBI employees abused Section 702 and performed illegal searches on American citizens.

One FBI employee searched the last name of a U.S. senator and another FBI employee used Section 702 to search the social security number

WHAT'S INSIDE

- 3** The Prodigal Son Returns
- 4** Improve Your Entire Life By Doing This One Thing
- 5** The Festering Rot In America's Federal Agencies
- 7** Healthy Joints As You Age
- 8** Recognize The Warning Signs



of a judge. The Justice Department said that the searches about the U.S. senator by FBI agents didn't meet FBI standards.

There are strict rules that the FBI is supposed to follow when investigating Americans. During an audit, it was revealed that around 2% of searches conducted by the FBI didn't meet the required standards.

The FBI Director said, "We take seriously our role in protecting

national security and we take just as seriously our responsibility to be good stewards of our Section 702 authorities."

"One FBI employee searched the last name of a U.S. senator and another FBI employee..."

According to the FBI, reforms at the bureau had led to "significant improvement" and fewer incidents of not following the rules.

An ACLU spokesperson said, "As Congress debates reauthorizing Section 702, these opinions show why that can't happen without fundamental reforms."

Section 702 was set to expire at the end of 2023, but lawmakers have pushed the expiration to 2024 to allow more time to debate. So, as Congress debates renewing Section 702 here are a few ways that the law can affect you.

One of the proposed changes to the law would require the FBI to obtain a search warrant before accessing any communications of American citizens, which sounds like a commonsense, good idea to me and is in line with our constitutional rights.

Section 702 created a loophole for the FBI to access information on U.S. citizens without a warrant, like they did in the case of the U.S. senator. The Fourth Amendment is meant to protect U.S. citizens from this type of surveillance, so Congress should clearly make this a requirement before renewing Section 702.

Of course, this is why it's safe to assume that any text, email, or phone call that you make is under surveillance. The way Section 702 currently works, intelligence agencies can pay companies for data they would otherwise need a warrant to obtain. And, the U.S. government can compel companies to share collected communications.

But when Section 702 is renewed it will unfortunately include an expanded list of companies that will readily comply with data being purchased. The list of companies will include data centers, landlords, and hotels where guests access the internet. So, it's safe to assume

"Section 702 created a loophole for the FBI to access information on U.S. citizens without a warrant."

that no matter where you are, your internet usage could be tracked.

Now, because Section 702 collects a massive amount of data, much of the collected data is worthless. Where things get interesting is, once the data is collected it falls under a different set of legal rules.

Trouble is, the FBI has treated communications of Americans collected under Section 702 as being compared to data that it stumbled upon in plain view. In other words, the data was treated the same way as something a person posted on social media for everyone to see.

However, it's obvious that the data collected under Section 702 is very different from something a person is openly sharing with everyone. So, as Congress debates changes to Section 702 it's important to remember that we are always being surveilled.

Whether it's your phone, tablet, smart device, or computer no communication is 100% secure.

This is why I'm very conscious of what I post online and the conversations I have. If I ever need to have a truly private conversation (such as with a client with highly sensitive needs) we meet in person and no cell phones or electronics are brought to the meeting. I realize this might sound extreme, but unless you do this, you've got to assume someone is listening.

Another (easier) option when having

Copyright © by Spy Briefing LLC. All rights reserved. This newsletter may only be used pursuant to the subscription agreement, and any reproduction, copying or redistribution (electronic or otherwise, including on the World Wide Web), in whole or in part, is strictly prohibited without the express written permission of Spy Briefing LLC, 124 S. Main Street #4090, Cedar City, UT 84720. This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. If legal advice or any type of assistance is needed, please seek the services of a competent professional. Survival training and gear is potentially dangerous and should be handled responsibly by all individuals. This material, produced by the *Spy & Survival Briefing*, is for informational purposes only. All technical information, instruction, and advice, reflect the beliefs of *Spy & Survival Briefing* and are intended as informational only. This material is not intended to serve as a replacement for professional instruction. By reading this material you understand that survival training and gear, especially knives and guns, are potentially dangerous and you assume all risks if you choose to handle the survival gear mentioned in this material. You agree to indemnify, and hold harmless *Spy & Survival Briefing* and Jason R. Hanson from any and all such claims and damages as a result of reading this newsletter, which is for informational purposes only.

Recover Tactical 20/20 Stabilizer For Glock

Want to turn a pistol into a rifle? Here's one option to do it: The Recover Tactical 20/20 is a stabilizing brace, designed for medium-frame Glock pistols. Depending on the specific brace there are options with rails, a sling, and even a magazine holder.

When installed, there is no play in the design and the pistol will be held tightly in place using a strap attached around the shooter's forearm. The brace provides support when firing the pistol, helps better manage the recoil when shooting, and it makes it easier to maneuver with the pistol such as when clearing your house.

The only downside to the brace is that it can make using iron sights a little different. But with practice, you can get used to the adjustment with the brace.

If you have ever considered adding a pistol brace, the Recover Tactical 20/20 is worth looking into and certainly makes it easier to shoot a pistol at longer distances.

important conversations is to put your phone into a faraday bag that blocks cell phone signals. If you do get one of these, make sure you test it out. I know folks who have purchased cheap versions of these and it did not work. So, spend the money on a quality faraday bag and not the \$2 one that comes from China. A good bag will block cell phone, Wi-Fi, Bluetooth and radio signals.

Contact our Customer Care Center:

435-572-4432

or e-mail support@spymbriefing.com



Spy & Survival Briefing is published monthly by Spy Briefing LLC, 124 S. Main Street #4090, Cedar City, UT 84720. www.SpyBriefing.com.

Spy Briefing President: Jason Hanson; Managing Editor: Robert Conroy; Graphic Design: Mena Sugg

THE PRODIGAL SON RETURNS

Faced With A Devalued Dollar, America Pivots Back To Gold

By Forest Hamilton
Universal Coin & Bullion

It is beginning to look like America is starting down the path toward making a transition from dollars to gold. From something that never lasts (fiat currency) to something real and meaningful (gold, which has been a means of trade since the second chapter of the Bible).

The Federal Reserve began raising rates in April of 2022. Gold rapidly declined from \$1,950 in March to just over \$1,600 by October. Although gold temporarily rallied to briefly touch \$2,000 after the banking crisis in March of 2023, it dipped back down to nearly \$1,800 in early October.

Gold is rising again, peaking at \$2,135 last month in early December and holding above \$2,000 an ounce for a record number of days. Many of my clients are asking me why gold is rising more when inflation rates are supposedly dropping than when the rates were rapidly rising in 2021?

We have been taught that gold only goes up when inflation is rising because it acts as a hedge against other investments, but gold has not always followed that trend.

As I have written many times, gold does hold its value when the dollar is weak, but gold's price is also impacted by interest rate *expectations*.

While gold is up well over 10% this year, it is up nearly 600% since 2000! Other than a few short-term economic anomalies, gold's performance has been solid and steady, imagine an escalator – climbing, then settling, before climbing again.

Gold's price is determined by a complicated algorithm of factors,



including supply and demand, economic conditions, speculation by traders, and global events.

And gold hit its all-time high above \$2,150 largely due to the fact that gold traders finally felt like we were nearing the end of the Fed's latest rate hiking cycle and the top in long-term yields. They also foresaw the end of the almighty dollar. When rates were rising, the U.S. Dollar Index increased rapidly.

Since October of 2022, the U.S. Dollar Index is down 10 points (-9%), and the majority of major central banks have begun trading in their weak dollars for strong gold.

Central bank gold buying just set a 50+ year high in 2022, and the 2023 rate was nearly 15% above 2022. Gold soared to its new highs after Federal Reserve Chairman Jerome Powell's dovish comments about the coming end to rate hikes and the expectation that there would be multiple rate cuts in 2024.

The dollar dropped over 3% in November, due to these anticipated rate cuts and the global switch to gold. There is also significant global worry regarding the U.S. budget

deficit of almost 8% of GDP, which has unsettled our European allies and firmed up both the pound and the euro versus the dollar.

While I did not get a crystal ball for Christmas last year, I am more confident in the strength of gold, silver and Certified Gold Investments in these coming months of 2024 than I have been since I started in this industry nearly 30 years ago.

As we continue to print money out of thin air and the rest of the world continues to lean away from the U.S. dollar, it is destined to continue its devaluation. Because of that, I urge you to exchange a significant amount of your weakening fiat paper dollars for real, tangible, private, portable wealth in gold and other precious metals.

[Publisher's Note: For questions about buying gold and silver coins you can contact Forest Hamilton directly at foresthilton@universalcoin.com or call 409-926-7001. Please know, if you purchase any coins from Forest, we don't receive any compensation from him. We simply know he's one of the good guys in the business that can be trusted.]

IMPROVE YOUR ENTIRE LIFE BY DOING THIS ONE THING

The Whole-Life Benefits Of Survival Training

By EJ Snyder

Former Army Ranger and Extreme Survivalist

People ask me all the time about the best way to learn survival skills. There seems to be a new YouTube or Tik Tok survival instructor popping up every day. Plus, there are books, videos, and TV shows that you can learn a lot from. However, one of the best options is learning live from an instructor who can observe you, offer tips and coaching, show you where you need to adjust, and give you confidence when you succeed at a skill.

I know times are tough for many folks and you have to consider your personal situation and finances. But your investment in survival training is an investment worth making whenever you can because it's more than just learning survival strategies for extreme conditions. It can actually be a comprehensive approach to personal growth, resilience, and problem-solving.

It imparts a survivalist mentality that aids in tackling a multitude of life's challenges. The ability to stay composed and think clearly during high-pressure situations, to improvise solutions when resources are scarce, and to endure hardship are all cultivated during survival training.

Survival training is a mental and emotional boot camp. It pushes your boundaries, tests your limitations, and helps you develop the mental toughness to remain calm and focused in high-stress situations. So, whether you're facing a personal crisis, a challenging work situation, or a stressful event, the mental fortitude built through survival training can be your stronghold.

At the heart of survival training is the development of resourcefulness. It teaches you how to make the most of what you have and how to innovate when resources are limited. This mindset is beneficial not only in wilderness scenarios, but also, in everyday life. For instance, you might use these skills when planning a budget, optimizing your workflow or solving complex problems at work.

Knowing how to find your way in the wilderness can translate into greater independence and confidence in other areas of life. Whether hiking in a remote area, navigating public transport in a new city, or finding your way through a complex project at work, these skills can prove invaluable.

Knowledge of basic first aid procedures can help you respond effectively to accidents at home, at work or on the road. It could even help save a life.

Survival training also fosters a deep appreciation and respect for the environment. This can contribute to more awareness in your daily life.

In addition, survival training often involves group activities that foster essential teamwork and leadership skills. Working in a team to overcome survival challenges can help develop effective communication, strategic planning, and the ability to give and take directions. These skills are transferable to various settings, including the workplace, sports teams, and family interactions.

Survival training can also have a significant impact on your physical

health and well-being. The physical activities involved in training—hiking, building shelters, and learning to find food—promote overall fitness, strength, and endurance.

"These skills are transferable to various settings, including the workplace, sports teams, and family interactions."

It's a full-body workout that can improve cardiovascular health, endurance, build muscle and strength, and enhance flexibility and balance. Not to mention the benefit from unplugging from society and disconnecting from cell phones and computers.

What it can do for your body clock and spirit is amazing. Plus, learning to find and prepare food in the wilderness can lead to a better understanding of nutrition and the importance of a balanced diet, which can inform healthier eating habits in daily life.

I hope you can see the far-reaching benefits that survival training can have for you. The benefits permeate every area of life. From boosting mental resilience and emotional stability, to fostering a mindset of resourcefulness and independence, survival training is a powerful tool for personal growth. Furthermore, the skills and values it instills contribute to stronger communities and a more sustainable world.

By recognizing these unseen benefits, you can truly appreciate the transformative power of survival training. So, I encourage you to not only prepare with quality gear and survival food, but also to consider investing in basic survival training where you get outside with a group and reap the rich life benefits of this type of training.

THE FESTERING ROT IN AMERICA'S FEDERAL AGENCIES

Step-By-Step Blueprint For Creating A "Deep-Cover" Identity

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

I was mumbling about all of the stuff involved in getting my deep cover established by the Cover Shop. The Cover Shop is the place that is tasked with creating, sustaining, and retiring deep cover personas for clandestine operatives who perform foreign missions under assumed identities.

These are not just alias names but what we call fully back-stopped cover identities. More specifically, the Cover Shop helps us create an entirely new personality, including name, birthday, place of birth, parents, education records, medical records, careers, addresses, and even criminal arrest records, if appropriate.

This complex process includes passports, driver's licenses, credit cards, bank accounts, utility accounts, rental histories, college transcripts, and on and on.

Deep Cover means changing who you are, what you do, the clothes you wear, and even the way you speak. You have to become the person you portray. It is an even higher art form than acting for a Hollywood movie. There are no retakes, a mistake can get you killed.

While I was griping about the paperwork that I had to do, my senior mentor and good friend Patrick said, *"shut up and quit complaining."* He told me a story about what he'd gone through twenty years earlier – before the Cover Shop was as good as it had become.

I can't share all of the details, but the bottom line is that Pat was detained while operating behind the Iron Curtain. Despite his

expertise in detecting and avoiding surveillance, when you are operating in authoritarian countries, virtually everyone there is spying on you and reporting on your every word and move. He talked his way out of the predicament, but it was very tense, and cost him a bundle of bribe money.

In authoritarian societies, there is zero expectation of liberties, rights, or privacy. The surveillance teams do not even need to be close behind you. They can be hours or days behind you.

All they have to do is present some credentials, which evoke a clear and present sense that one can be jailed or worse, if they do not fully comply, to any local citizen who may have had contact or just seen or heard you.

No warrant or probable cause is necessary. The frightened locals will gladly spill the beans and I do not blame them for trying to avoid imprisonment and torture.

On a past mission, I was operating in a hostile country on a two-week counter-terrorism assignment. I was confident I was "clean," meaning that I had not aroused any suspicions and was free of surveillance. That was, until a nice young man at a local shop mentioned something to me.

As I was paying, he leaned very close to me and said in broken English, *"They came in and asked me about you. I don't want any trouble. Do not come back here!"*

He did not want the jackboots back in there asking him questions. Who knows, one of his permits might just get denied or his suppliers dry

up, or they visit his kids' school and mention that their parents are under investigation.

After his tipoff, I never went back to my hotel. I used what I had on me to take public transportation out of the city. I had to rework my entire plan, but it was better than being snatched off of the streets by government forces.

"Deep Cover means changing who you are, what you do, the clothes you wear, and even the way you speak."

We learn early on to never leave anything in a hotel or house that will incriminate you or that you might need if you can never return. That means documents like passports, travel papers, cash, valuables, and your operations bag (with everything you need in it). Ample cash (not credit cards or debit cards) is one of your most essential tools because you will need to buy new clothes, toiletries, luggage, travel tickets, and everything else you leave behind.

If you need to disguise yourself or go undercover, even if it's not deep cover, remember there are things about yourself that you can change and some you cannot. You can change your body frame with the appropriate clothing. The government issues shoes with thick inserts soles that can make a person appear almost four inches taller, especially after they teach them how to style their hair and/or wear a hat. But appearing shorter than you actually are is very hard, but can be rudimentarily achieved with a cane or walker.

You can change the timbre of your voice, but probably not the language you speak. You can trade in your suits for overalls, but you cannot change your skin color (there are ways, but they're time-consuming and only last a short duration).

Basically, you change everything about yourself that you possibly can. If you wanted to try this, first start with a written plan. First, a new name, and a birthdate close to your own. Use memory aids like transposing digits. For instance, if your birthdate is March 3, 1981, you might want to use March 1, 1983, transposing the year and day. This will become very important should you get interrogated, and you need to remember your “new” birthdate under pressure.

Next, choose where you were born and why your family moved there before your birth. Choose a career and education. Both of these need to be close enough to your true life that you can muddle through questioning.

Continue to build an alternate identity like you were writing an autobiography of your new self. The deeper you prepare, the more confident and successful you will be living your cover under stress.

It's not hard walking around telling yourself that you are Bilbo Baggins of the Green Shire and farm for a living, but when a police officer asks you your name and starts questioning you, it will all fall apart, and you will be in handcuffs faster than you can recall your made-up birthdate.

If you have to go ‘on the run’ or under cover, you will need a great deal of liquid assets. While gold, silver, diamonds, and other trinkets are highly valuable and you should have them, they do not work to buy you a burner phone at Walmart or shoes at the mall. Cash is king.

Going on the run, working undercover or establishing a fully back-stopped deep cover is complex. Still, when your life depends on the skills associated with these lifestyles, you will be thankful you took the time to write out a complete plan and new autobiography. They had us all develop at least three fully evolved alternate personas to have

on hand and ready to use.

You may never need one, but I recommend you take time to create one for yourself and your spouse. They will be there “just in case.” Build your new life on paper, collect the appropriate clothing, pocket litter (stuff you would have in your pockets for that given identity), and as much cash as you can spare and put it in a fireproof safe.

You might want to include some self-defense tools, survival gear, and a fully stocked go-bag. I can tell you from experience that you will discover so many things that you will need to anchor down as you write out your new persona.

My first few years of doing clandestine ops under deep cover included reviewing all of my alternative personas at least once a month. I had the great benefit of Uncle Sam providing me with documentation such as passports, credit cards, and other official papers in my alternate names.

But the fact is that in most cases, I was not flashing my passport or other documentation. Living your cover well enough is better than documentation – which everyone knows can be forged or bought. How many times have you asked a doctor for his diploma, a barber for his certificate, or a taxi driver for his driver's license?

Strive to be the best “alternative you” you can be. Remember this: The more creative you are with your cover, the harder it will be to live, defend, and rely on. Keep it as close to your true information as you can.

Candidly, your life and the lives of those with you may well depend on how convincing you are in your assumed identity. Because these days, it seems every government agency exercises oppressive leverage over us. Our FBI, CIA, ATF, and other government agencies learned the tactics that they are now using on US

citizens from the Russians, Chinese, North Koreans, Iranians, and others.

They studied their modus operandi, and instead of castigating the evil conduct, they eagerly and successfully adopted it.

People who just a few years ago would tell some federal or state investigator to “go pound sand” if they came in asking about you, will now sit down and tell all they know and sign a deposition rather than face eternal IRS audits, Suspicious Activity Reports from their bank, and have their names broadcast on social media as “enemies of the state.”

It's time to prepare for the day you'll need a deep-cover legend. Hopefully you never have to use it, but if you do, you'll be ready.



SAVINT YOUR MONTHLY SAVINGS INTELLIGENCE

A fellow I know went to prison and spent several years there. During his time, he was attacked often, but he won every fight (even after getting whacked in the head with a padlock.) He has a very vicious move called the “Blackout” that he credits for saving his life in prison. The good news is, anyone can use this move to protect themselves if you're ever attacked on the streets. See the full details about the “Blackout” move at www.PrisonFighting.com.

HEALTHY JOINTS AS YOU AGE

Tips For Avoiding Knee Trauma And Damage

By Dr. Omar Hamada

Special Operations Physician

The knee is the largest joint in the human body and is one of the primary joints responsible for our mobility and stability. It is composed of 4 bones – the femur, the tibia, the fibula, and the patella – and 4 primary ligaments – the anterior and posterior cruciate ligaments, and the lateral and medial collateral ligaments.

In addition, the knee contains a cartilaginous cushion also known as the meniscus and is surrounded by multiple stabilizing muscles and tendinous insertions.

A few years back, I was skiing out west. I'd had a full day, and the moguls were getting more challenging, but I decided on one last run. As I came down the mountain, a lady who wasn't very experienced went down right in my path. I tried to turn as I hit a mogul and my left ski went in one direction while my right ski went in the opposite. I tried to stand but dropped as pain seared through my right knee.

So, I waited, and, soon enough, the ski patrol took me on a sled to the emergency room at the base of the mountain. I had a Grade 3 lateral collateral ligament sprain and partial tear.

There are nine “buckets” of diagnoses when considering knee pain - internal derangements, ligamentous sprains and tears, muscle and tendon strains and inflammation, fractures, effusions, degenerative conditions, inflammatory conditions, infectious processes, and cysts and masses.

Internal derangements occur from either sudden or repetitive trauma that damages or tears the cartilage (meniscus) inside the knee joint.

Damage to the meniscus can cause pain and could be severe enough to lock the knee joint up enough to prevent full range of motion. A good history and physical examination and MRI can usually diagnose it.

Small tears can sometimes be managed conservatively, although arthroscopic surgery is often needed to trim away damaged cartilage or repair damage with sutures.

Ligamentous sprains and tears occur because of a sudden fall or hit or sometimes repetitive trauma. There are four primary ligaments in the knee - the anterior and posterior cruciate ligaments (ACL and PCL), and the lateral and medial collateral ligaments (LCL and MCL).

The ACL prevents the tibia from sliding too far forward while the PCL keeps it from sliding too far backwards. The LCL and MCL keeps the knee from opening up too far from either the inside or the outside of the joint.

When a partial or even a complete tear disrupts these ligaments, the knee can become unstable. Sometimes we can simply brace, wait, medicate, and let the ligaments heal by scarring as they stabilize the knee. However, sometimes surgery is required to repair or replace these essential ligaments.

Unlike above, muscle and tendon strains and inflammation are a result of overuse and repetitive trauma versus a sudden hit causing injury. We can use immobilization with a brace, and rest, anti-inflammatories and steroids, ice, elevation, and compression to help heal these injuries. It's rare that surgery is needed to repair these types of injuries.

Fractures are self-explanatory and usually result in surgical fixation

with rods, nails, screws, and plates, though some fractures can be managed conservatively with simple immobilization, pain medication, and physical therapy.

Effusions are collections of blood or synovial fluids inside the joint that cause pain and limit the normal range of motion. Draining the joint and giving anti-inflammatory medications usually deal with this fairly effectively.

Degenerative conditions like osteoarthritis narrow joint spaces, limit mobility, and cause chronic pain. This is usually a result of aging and traumatic injury over time. We usually manage this conservatively with lubricants, stem cells, anti-inflammatories, and when all else fails, joint replacement.

Inflammatory conditions like gout and autoimmune diseases are probably among the most painful and debilitating chronic conditions. They are primarily managed with lifestyle and dietary modifications, exercise, and various types of medication.

Infectious processes outside the joint may be caused by trauma and skin infections, while seeding, penetrating trauma, and postoperative issues may cause more serious infections inside the joint. These concerns are managed with antibiotics, and possibly opening the joint and washing it out.

Cysts and masses, like Baker's cysts, are common and can cause chronic pain requiring surgical removal and analysis of the offending mass.

The best way to maintain knee health is to reduce your weight, stay in shape, stop smoking, reduce alcohol, get enough sleep, hydrate, and manage risk to avoid unwanted injury.

RECOGNIZE THE WARNING SIGNS

Protecting Your Loved Ones From Stalkers

By Matt Numrich

Head Instructor Of Spy Black Belt

Stalking affects millions of people every year. Women are disproportionately stalked, but men can also be victims of stalking. The FBI defines stalking as engaging in a course of conduct directed at a specific person that would cause a reasonable person to fear for his or her safety, or the safety of others, or suffer substantial emotional distress.

Stalkers are most often family members, neighbors, co-workers, or significant others, but can also be strangers. Let's discuss the warning signs of stalking so you can help protect yourself or your loved ones.

One of the first warning signs of an unknown stalker is repeatedly seeing a stranger hanging around your home or workplace. Often, you will see them taking an interest in what is going on inside and may even try to peer through windows.

Another sign that you may have a stalker is noticing the same person or vehicle in odd places, like on your route to work, or even at the same stores you shop at. You may even notice you're being followed in your car.

Other warning signs of stalking by a stranger is noticing your mail has been gone through, someone has tried to access your accounts by resetting passwords, you have items or trash go missing, or if someone actively attempts to break into your home.

The other type of stalking to be aware of is stalking by someone you know.

Oftentimes these behaviors can be seen as romantic, and even be welcomed at first. But many times, these advances quickly turn into

something unwanted.

So, when someone knows personal information about you without ever asking you for it, this is a tipoff. Or, if someone's trying to read your emails or texts, this can be a sign the behavior is getting obsessive.

Be aware if someone is asking you a lot of questions about where you go and who you are with. Wanting to know your every move can be a sure sign of obsessive behavior. Although gifts at first can seem like a nice gesture, when they become unwanted or too much, that can be a warning sign of the beginnings of obsession and stalking. Finally, excessive calls, texts, emails, or showing up unannounced are also clear warning signs of stalking.

If you find yourself in a situation where you are physically approached by someone who might be stalking you, here are some quick tips to help you avoid an escalating situation or stop a stalker from attacking you.

First, avoid being alone with the potential stalker. Co-workers may want to isolate you in private areas in the office, while "friends" may want to go out for coffee or take walks. Do whatever you can to not be alone with them. If you must meet with them, take another co-worker or friend for added security.

Do not travel with the person, whether carpooling, a trip for work, a friend's get together, or even a community event. Giving them the ability to transport you to a location or environment of their choosing is



extremely dangerous and should be avoided at all costs.

If you do find yourself alone with someone you believe (or know) is stalking you, record any conversations with your phone. If things become physical, focus on defending yourself with close quarter moves that can inflict a shot of pain so you can quickly escape.

These simple moves include shin kicks, knee strikes, elbow strikes, eye rakes, and even head butts. These moves are simple, quick to deploy, easy to execute, and best of all – effective. They can jolt an attacker with pain, giving you precious seconds needed to escape.

Unfortunately, stalking is a big issue for many people. Knowing and recognizing the warning signs from strangers or even loved ones can be the advantage you need to avoid a violent or even deadly outcome.

Being proactive, and not putting yourself in a dangerous situation, is important and knowing what to do if you are attacked is vital. Share this information with the loved ones in your life, role-play possible scenarios, and practice the close quarters moves to inflict pain and allow you escape to safety.