

Security Briefs – Situational Awareness Series with Resources

Part 4 – Awareness at Home and What to Do When It Feels Off

Introduction

So far, we've talked about situational awareness in public. But today, we're bringing it closer to home—because awareness starts where you live. Again, many of the resources mentioned will be linked in the downloadable transcript of this episode.

Your home should be a place of peace, but not passivity. Good awareness includes how you prepare your space, listen to your surroundings, and respond when something feels off.

Awareness at Home

Think about the 3 “L’s” when it comes to home preparedness: lighting, locks, and layers of security:

1. Lighting: Is your exterior well lit at night?
2. Locks: Are doors and windows secure?
3. Layers: Do you have trusted neighbors who can let you know if something's going on?

I talked about the neighbors that Kim and I were in relationship with. They helped to alert us to anything unusual going on in the neighborhood. Another worker family built a strong friendship with a street vendor. When strangers began asking questions about them, he let them know, which gave them a chance to respond before trouble came.

Trusting Intuition – The Gift of Fear

Now let's talk about something even more subtle: intuition. We all have intuition and this can be amplified by listening to the voice of the Holy Spirit.

Gavin de Becker, in his book *The Gift of Fear*, argues that intuition is one of our best tools for survival. He writes, “True fear is a survival signal that sounds only in the presence of danger. It will always be based on something you perceive, even if you aren't conscious of it.”

We are often trained to be kind, open, and trusting—which is good. But sometimes that conditioning causes us to suppress a gut feeling that something is wrong.

One worker kept seeing the same man outside her building, day after day. He didn't act overtly threatening—but something about him felt off. She trusted that feeling and notified her team. He was later identified as part of a group monitoring foreigners.

Intuition is like a smoke detector—it may not tell you exactly what the problem is, but it alerts you to investigate.

Spotting Pre-Incident Indicators

Gary Quesenberry, in his book *Spotting Danger Before It Spots You*, teaches readers how to recognize what he calls “pre-incident indicators.” These are small behaviors or environmental cues that precede a potential threat.

Examples include:

- A person watching entrances without engaging in normal activity.
- Repeated presence in a place without clear purpose.
- Anyone showing undue interest in you or your belongings.

You don’t need to become paranoid, you just need to become observant.

If your gut says something’s off, slow down, scan your environment, and act early. That might mean walking away, alerting someone, or choosing a different route.

Now you know. In our next episode, we’ll talk about helping your family develop the same awareness — without fear.

Resources:

- The Gift of Fear by Gavin de Becker: <https://www.amazon.com/Gift-Fear-Gavin-Becker/dp/0316235776/>
- Spotting Danger Before It Spots You by Gary Quesenberry: <https://www.amazon.com/Spotting-Danger-Before-Spots-You/>
- Neighborhood Watch & Community Tips – National Crime Prevention Council: <https://www.ncpc.org/preventviolentcrime/>