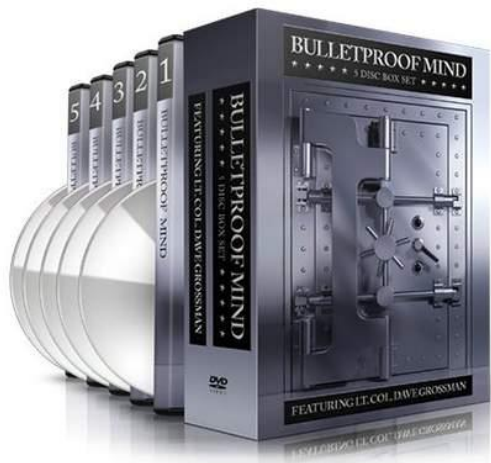


## Bulletproof Mind Safety Highlights



### Denial Kills Us Twice:

1. Sadness – How we will feel if we *deny a threat* and a loved one dies.
2. Regret – How we will feel if we are *not prepared* and a loved one dies.

### The Five D's:

1. Denial – This IS NOT GOOD: Some deny that anything bad will happen, *so they choose to not arm the security guards.*
2. Deter – This IS GOOD: Arm the security guards, *to deter the bad guys.*
3. Detect – Be cautious if someone calls to ask about your building or home security, *since he could be a bad guy.* Get his info and call him back.
4. Delay – Three good ideas: (1) use a single point of entry, (2) do lockdown drills, and (3) create a safe room.
5. Destroy – Consider being armed (*in Switzerland citizens must have a gun and know how to use it, which has resulted in a very low crime rate.*)

### Which One of the Following Are You?

- ➔ Sheep – *needing protection!*
- ➔ Wolf – *stalking the sheep!*
- ➔ Sheepdog – *protecting the sheep!*

**Why Is Crime Way Up?** What factors are different now than they were decades ago? There is much violence ♦on TV, ♦in the movies, and ♦in video games; many are *learning how to kill and becoming desensitized to violence and death.*

### **PTSD** (Post Traumatic Stress Disorder) – **How to Avoid It or Overcome It:**

1. Control what you can control.
2. Let go of what you can't control.
3. Learn how to move from a panic mode (*irrational thought*) to a non-panic mode (*rational thought*) through controlled breathing (IOS, try the “iBreathe” app; Android, try the “MindShift CBT” app).
4. Use *thinking therapy*; don't avoid whatever causes stress; instead, keep talking about it until that memory no longer causes stress.

### **Conclusion**

Be prepared! Trust in the Lord! Be at peace!

### **Connect and Benefit**

**Website:** [BethlehemLutheranChurchParma.com](http://BethlehemLutheranChurchParma.com)  
**Location:** 7500 State Road, Parma, Ohio 44134  
(Just South of Pleasant Valley Road)  
**Schedule:** See our “Join Us” brochure  
**Facebook:** “Bethlehem Lutheran Church Parma”  
**Podcast:** “Benefit from the Bible”  
**Contact:** 440-845-2230

(Last Update: 7-20)



### **Introduction**

**Dear Friend:** We have all fallen short of God's will for our lives. However, *by God's grace*, we ♦are sorry for our sins and ♦trust in Jesus for eternal life!

We also live in a fallen world, so let us ♦trust in the LORD God Almighty – *who made the heavens and the earth, and is in control of all things*, and ♦exercise wisdom as we proceed through this dangerous world.

This brochure contains safety tips from various sources; *I hope you find the contents to be a blessing to you and your loved ones!*

### **Don't Use a Remote to Lock Your Car**

Criminals have a way to intercept your remote signal, and then unlock your car after you have departed; it is best to lock your car by using the lock button on the inside of your door.



## Good Advice from the Police



In daylight hours, become familiar with these things to do in an emergency situation. This is for you, your spouse, your children, and everyone you know.

1. **Use Your Elbow:** The elbow is the strongest point on your body. If you are in trouble and close enough to use it, then do!
2. **Toss It Away from You:** If a robber asks for your wallet or purse, **DO NOT HAND IT TO HIM.** *Toss it away from you!* He will probably go for the wallet/purse. Then **RUN LIKE MAD IN THE OTHER DIRECTION!**
3. **Kick-Out the Tail Lights:** Do it if someone locks you in a trunk; then stick your arm out the hole and start waving like crazy. The driver won't see you, but others will.
4. **Get In and Go:** Women have a tendency to get into their cars and do something before leaving. **DON'T DO THAT!** A predator could be watching, jump in on the passenger side, and put a gun to your head. **AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE!**
5. **Do Not Drive Off:** If someone is in your car with a gun, **DO NOT DRIVE OFF!** Instead, floor your car and speed into anything, wrecking the car. Your Air Bag will save you. If the person is in the back seat, he will get the worst of it. As soon as the car crashes, get out and run.
6. **How to Safely Get into Your Car:**
  - a. Look around before getting in: Look into your car at the passenger side floor and in the back seat.
  - b. If parked by a van: Enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.
  - c. If a man is sitting alone: Look at the cars on both sides; if a man is sitting alone in the seat nearest your car, you may want to get a guard/policeman to walk you back out.
7. **Take the Elevator:** Stairwells are the perfect place for a crime, especially at NIGHT!
8. **Flee from a Predator with a Gun:** If you are not under his control, **ALWAYS RUN!** The predator will only hit you (a running target) 4 in 100 times; and even then, it most likely **WILL NOT** be a vital organ. **RUN**, preferably in a zig-zag pattern!
9. **Be Careful Being Sympathetic:** It may get you raped, or killed. Ted Bundy, the serial killer, was a good-looking, well-educated man, who **ALWAYS** played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked 'for help' into his vehicle or with his vehicle, which is when he abducted his next victim.
10. **Don't Open Your Door:** Sometimes a predator will put the sound of a crying baby near a door or window of your home. When you open your door, he will force his way in. Therefore, **DO NOT OPEN YOUR DOOR;** instead, call the police!
11. **Don't Investigate Running Water:** If you wake up in the middle of the night to hear your outside water running, **DO NOT GO OUT TO INVESTIGATE!** It a trick by predators to lure people outside; instead, call the police!

The info on this page was adapted from this source:  
<http://channel955.heart.com/articles/trending-104650/written-by-a-cop-everyone-should-15411387/#ixzz4UzXbygMq>