



Mindset

Mental Preparedness



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Mindset is Everything

No Defense Without It



# Mindset is Everything

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All of my training in the army was always focused on having the right frame of mind. Skill level doesn't matter if you can't mentally handle defending yourself.

During Basic Training, we were taught to have an internal switch. When it was needed, we were able to go from calm and collected to fierce and aggressive in a matter of seconds.

We were taught how to hone our anger from mindless reaction to focused and intentional responses that could adapt in an instant to our circumstances and the enemy.



# Emotional Drive

Getting Through the Pain



# Emotional Drive

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If you are ever injured during a conflict, it is important to have that emotional drive to push you through the pain. Don't give up until you are dead. Keep moving, keep pushing and keep trying until you physically cannot any longer.

So many people give up just because things get too hard. “Now remember, when things look bad and it looks like you're not gonna make it, then you gotta get mean. I mean plumb, mad-dog mean. 'Cause if you lose your head and you give up then you neither live nor win. That's just the way it is.” **Josey Wales**



Experiment

Self Motivation



# Experiment

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Go for a run/walk while listening the calm music (i.e. classical, religious, etc.) Pick a good speed that you can maintain, but push yourself. Time how long it takes you and measure your distance.

Now do the same run/walk, but this times listen to fast beat music (i.e. Five Finger Death Punch, Pantera, etc.) Pick a good speed that you can maintain, but push yourself. Again, time yourself but go the same distance that you went before. Did you notice a difference?





# Psychological Focus

Changing Your Mindset



# Psychological Focus

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If you felt or saw a change in your run/walk time, then you were likely able to change the focus of your mind and think of things other than the pain/discomfort of pushing yourself through the exercise.

Music can have a big impact on how you feel and can actually help you focus your mind to the task you are currently doing. For example, if you are trying to relax, then you listen to relaxing music.

Teach yourself to do this without the music. Find your drive. What are you protecting? Turn any fear you have into a carefully controlled anger or aggression and set it aside in times of need. Build that deliberate switch inside that can summon up the aggression and attitude you need to push through the pain and the fear to protect your family.



# Psychological Warfare

Intimidating Your Enemy



# Psychological Warfare

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Psychological Warfare – “the use of propaganda, threats, and other psychological techniques to mislead, intimidate, demoralize, or otherwise influence the thinking or behavior of an opponent.”

The mind is a powerful tool. Once you have learned to hone the “never give up - all or nothing” mindset, then you can focus on changing the mindset of your attacker.

Take away an individual’s motivation/drive and you’ve got nothing. If you can lead them to believe attacking you or your home is a lost cause by mere intimidation, then do so. How do you do that? – Your attitude and your voice.



Attitude

3 Stages



## 3 Stages

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Be confident. Have a healthy self-esteem. If you lack confidence, then go get more. Learn more in whatever areas you feel the weakest. Strengthen those weaknesses until they become strong points.

### There are 3 steps to backing off an aggressor

1. Warning (pull your gun and calmly tell them to back off)
2. Put your full voice in the warning (yell at them to get down)
3. Shoot

In my own personal experience, I've had far more perpetrators stop in their tracks at stages 1 and 2. I had scared some off so much that they had even forgotten that they had the gun. They were on the floor before they realized they could have shot me several times before I was able to react. Because I had intimidated them with the strength of my voice, they had reacted out of fear first. (Refer to the Attitude Video in the Bonus Section for more info)



Attitude

Back it Up



## Back it Up

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If your attitude and your voice do not stop the threat, do not be afraid to defend yourself.

If your life is being threatened, sometimes simply letting the aggressor know you have a gun can solve the issue. However, do not pull it out unless you intend to use it and are willing to face the legal consequences thereof.

Just keep in mind that if your attacker is crazy enough to keep going after you even if they aren't armed, then they can and will shoot you with your own weapon.





True Fear

When Fear is Healthy



# True Fear

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"True fear is a signal in the presence of danger, and it is based on your perception, your environment or your circumstances." Basically, true fear means that you have a real reason to be afraid and that you should take the appropriate steps to keep yourself safe. It is a gift that warns you of possible danger nearby, or in the future.

Pay attention to how you feel. Listen to the hairs on the back of your neck. If something makes you uneasy, then take the necessary steps to fix the issue.



# Unwarranted Fear

When Fear is *Not* Healthy



# Unwarranted Fear

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If you find yourself hiding in the closet at night because you are worried there is something scary under your bed, then you may be suffering from unwarranted fear. If you can't see it, hear it, taste it, smell or anything else, then it is likely something that doesn't need to be scaring you.

If you find yourself afraid, ask yourself if you have a real reason to be so. If you do, then use that fear to your advantage. Use it to keep yourself moving and get you prepared for whatever it is that is bothering you. If you take the necessary steps to protect yourself and prevent danger, then chances are you will go from afraid to confident and alert.



# The Bubble Mindset

Times of Peace



# The Bubble Mindset

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The Bubble Mindset is a term that I've used to describe the individual that goes about their life thinking that all is well and that bad things don't happen. Don't let yourself be sucked into thinking that you are immune from certain dangers. Crazy things happen in the craziest of places.

I want to be clear when I talk about any topic. My goal is not to inspire unwarranted fear. My goal is to inspire true fear and offer solutions. Without the right type of fear to motivate you, it is hard to keep moving when you're in the calm before the storm. And I can promise you, that in one form or another, we will all face our own severe storms. Bad things happen, and I want to help you to prepare for them.

I was once asked, "What do you do in a time of peace?" At the time in my career with the army, I had never seen peace. Our country had always been at war while I was enlisted. The answer was beyond me and the resulting response was not one that I had expected and it is not one that I will ever forget, "You prepare for war."



My Biggest Fear

Personal Motivation



# My Biggest Fear

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What keeps me going when I am facing the enemy? My biggest fear. The fear that I will let my men down and as a result one or all of them will die.

When I am out in the field, my focus is on those around me and keeping them alive. I have the power to lead them into disaster by making the wrong mistake or I could lead them from danger into safety by making the right choices. That is what drives me to train hard during the calm before the storm. That is also what drives me to keep going during the most bitter peak of every storm.

What drives me when I am home is the love that I have for my family. The desire to protect them and keep them from any harm. I have seen for my own eyes families torn apart by war. It is a heart-wrenching, terrible sight and I want to do all that I can to keep that from happening here.





Your Biggest Fear

Personal Motivation



# Your Biggest Fear

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What drives you? Why have you decided to take this course and what is it that you want to protect inside your home?

Find your “why?” and write it down. Pick your motivation and focus in on it throughout this course. Use it to drive you to learn as much as you can about protecting your home and expanding your abilities. Use it to keep your mind sharp and to keep your home defense plan from gathering dust as time goes by.



My Biggest Fear for my Home is:

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# Train to Fail

Weaknesses Become Strengths



# Train to Failure

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When we train in the army, we train to failure. Nothing works – the radio is down, men are “dying” left and right, our medic dies, our leadership dies, the truck breaks down, weapons malfunction and it goes on and on. The NCO in charge of the training drills doesn't stop throwing problems at us, yet we are fully expected to improvise, adapt and overcome.

Live by Murphy's Law, “Anything that can go wrong, will go wrong.” Use that line of thinking when planning your home defense strategy.

Push yourself as hard as you can, especially in the weak areas. Cover every possible angle so efficiently that when the real deal happens, your mindset is already geared to handle much worse and overcoming the attacker is much easier than any training you've done.



# Homework

Prepare Your Mind



# Homework

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- ▶ Find your biggest fear when it comes to defending your home and write it down, use it to drive you and keep you going
- ▶ Exercise - pick an exercise routine that challenges you, use it to improve your endurance (90% of exercise is mental, it is the best way to learn how to keep going when things get hard)
- ▶ Practice your attitude – this may sound silly but it is very important (**don't skip this step**) – go in front of the mirror and practice the 3 stages of backing off an attacker. (use a fake gun or your hand as your prop) Summon that anger and use a firm command in your voice. Imagine that you are in real danger. Did your voice waver? Did you hesitate? Did you appear commanding or just silly? Do you think it would back anyone up? Keep practicing until you have it right. No one will take you seriously if your tone doesn't back up what you say.



# Important Notes

Don't Forget





# Important Notes

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1. Never forget the true fear that drives you
2. Remember that the power of the mind is limitless, you can do anything if you believe it
3. Preparation is key, prepare your mind to handle hardship (regular exercise is a good way to start)
4. Keep in mind Murphy's Law and always train to failure

If you have any questions or concerns, please contact us:

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The content in this course is for purchasers of the Home Defensive Plan only. If you would like to share this information, please send them to this link:

**<https://tackleberrysolutions.com>**