

The Professional's First 3 Seconds

"Safety isn't paranoia; it's a protocol. Most professionals walk into a room and look for a chair. A strategist walks in and looks for the baseline. Use this audit to calibrate your 'Autonomic Response' during any transition."

Phase 1: The Threshold (0–1 Seconds)

- Did I transition "eyes up" before crossing the threshold?**
Checking your phone in a doorway (a "choke point") signals zero situational awareness.
- Did I identify the primary exit AND a secondary exit?**
The way you came in is often the first route to be blocked.

Phase 2: The Vectors (1–2 Seconds)

- Did I scan the "Negative Space"?**
Most people look at the crowd. Strategists look at the corners, the shadows, and the stationary figures.
- Did I identify anyone on an intercept course?**
Is someone altering their pace or angle to meet you? This is a Pre-Attack Indicator.

Phase 3: The Internal Check (2–3 Seconds)

- Is my breathing nasal and regulated?**
Mouth breathing signals stress/exertion. Nasal breathing signals control and lowers heart rate.
- Am I observing reality rather than seeking validation?**
An engaged ego ("Do they like me?") blinds you to danger. Detachment clarifies it.

Interpreting Your Audit

If you left more than 2 boxes unchecked, your safety software is lagging.

Luck is not a strategy.