

Chapter 1 : Don't Be A Victim! Carjacking Counterstrikes

Mix - DUB INC - Don't be a victim feat NaÅ¿man (Official video) YouTube DUB INC - Erreurs du passÃ© (Lyrics VidÃ©o Official) - Album "So What" - Duration: Dub inc 4,, views.

You spilled coffee on your favorite shirt. You feel used, abused, rejected. You feel like you deserve to suffer. But what if you could stop feeling like a victim once and for all? What if you could stop suffering this very instant? How might giving up victimhood improve your relationships, your career, your health? You can release yourself from the chains of victimhood using these 10 steps: Stop blaming others Blaming others may provide temporary relief from our pain, but in the long run, it will lead to feelings of powerlessness and hopelessness. Here is a quick tip to help you counteract the tendency to blame others. Looking at yourself in the mirror, ask yourself regardless of how you feel: What is my role in this situation? Will you let go or hold a grudge? Will you be hopeful or helpless? Be compassionate to yourself The biblical commandment to "love your neighbor as yourself" is well known. But we often focus on the first part of the commandment -- presumably because we take the second part for granted. Do you struggle with self-love because of a past moral failure or some other perceived shortcoming? You can challenge the voices your own or others that tell you that you are unworthy of your own love. Begin the journey of self-love with self-compassion. Karen Armstrong, in her book 12 Steps to a Compassionate Life says: Begin by drawing on the warmth of friendship maitri that you know exists potentially in your mind and direct it to yourself. Practice gratitude Wear gratitude like a cloak and it will feed every corner of your life. The spiritual sages of every tradition teach us that, even in the most difficult of circumstances, we can find things to be grateful for. Indeed, the difficulty itself can be the source of our gratitude for the invaluable lessons we can learn. Here is a good way to consciously tap into the power of gratitude during difficult times. What can I learn from this experience? The lessons, when truly taken to heart, can be life-changing. Be grateful of the lessons that life teaches us, even the hard ones. Resist self-sabotage What is at the root of our self-sabotaging behavior? And the sensation is most intense when things are going well. If disaster is going to come, the victim wants to control when that disaster will strike so he will not be disappointed. Therefore, he undermines his own joy and success with self-destructive behavior. The inner saboteur is a powerful enemy, but you have the power to resist its seductive and ultimately faulty reasoning. Give up the need for control and enjoy all the blessings that are before you. Accept them fully and graciously. Perform acts of kindness to others Doing kind acts for others -- even simple acts -- helps us get outside our own head. Your power to positively impact someone will help you realize that you can also positively influence your own life. Forgive and let go Victims often hold on to feelings of bitterness and anger from past hurts. It colors their experiences in everyday life and cause them to negatively misinterpret even well-meaning gestures from others. We resist forgiving others because of we think it means being weak, excusing the wrong, or being reconciled with the person who hurt us. It is none of these things. Because forgiveness is not about the perpetrator. Forgiveness is all about you. You may think that self-confident people are born, not made. Yes, some people are naturally more self-confident than others, but self-confidence can be taught and improved upon in any person. The best way to do it is to emulate confident people. Dress well, hold an upright posture, speak clearly, make eye contact, and exercise. Your internal state will begin to match your external actions. Perhaps you were raised in an environment that fostered dependence, rather than giving you the confidence to fend for yourself. Perhaps an older sibling or spouse consistently discounted your opinions and feelings. Or perhaps you were bullied in school. The process is painful, but taking the time to find the underlying source of your negativity will empower you with knowledge. This knowledge in turn will give you an opportunity to address the source of the pain. But the key to not succumbing to victim mentality is to adopt the mentality of a survivor. A victim asks how long it will take to feel good -- a survivor decides to feel good even if things are not so great. A victim grinds to a halt -- a survivor keeps putting one foot in front of the other. A victim wallows in self-pity -- a survivor comforts others. A victim focuses on the pain of loss -- a survivor cherishes remembered joy. A victim seeks retribution -- a survivor seeks redemption. And most of all, a victim argues with life -- a survivor embraces it. In short, it says: The last time that happened to me all

these thoughts were swirling around in my mind: I must have done something to deserve this. The neighborhood kid messed with my car overnight. Then it occurred to me: What if the car really did just suffer a mechanical failure? It sounds crazy, but we get caught up in these thought patterns more often than we care to admit. We frequently engage in worst-case scenario thinking. Let go of victimhood so you can be free. What if you could successfully weather the storms of life instead of constantly feeling like a ship about to run aground? What if you could positively influence your negative circumstances instead of passively accepting defeat? What if you could experience gratitude, or even joy, in the midst of pain and sorrow? You can achieve all this because you have more power than you realize. Claim your power by committing to practice these steps every day.

Chapter 2 : 10 Ways to Stop Feeling Like a Victim Once and for All | HuffPost

*Don't Be A Victim!: An Officer's Advice on Preventing Crime [John Elliott] on blog.quintoapp.com *FREE* shipping on qualifying offers. People are planning for world changing, collapse of society events in droves; from flu pandemics to potential electromagnetic pulses (EMPs).*

Want to know how best to spot a scam online? Unfortunately, fraudulent activity happens every day to people like you, but AARP is here to help. A stream of questions poured in from people sharing their experiences and asking about various cons. It was a recorded message. Knowing I did not owe back taxes, I hung up!!! Great job staying safe. Could be confirmation of a real number but this is possible as well. I have an app on my phone that warns me when a call comes in, to the legitimacy of the call. They did leave a robocall message threatening my arrest. The IRS does not operate this way. There are many apps in the App Store. Some are free and some cost. Find the one that looks best for you by reading through the reviews and knowing which features you want. If anyone calls asking to remote access into your computer, hang up. If you receive a pop-up on your screen telling you that there is a virus and you need to call a phone number, click out of the box. I would then ask for a number to verify. They give an number, but I never call. I can tell it is a scam because I should not have to pay money up front for a winning. They will come up with any excuse to get you to pay them. Do not engage, and make sure to not give them any personal or financial information.

Chapter 3 : Don't Be a Victim: Price gouging

These promotions will be applied to this item: Some promotions may be combined; others are not eligible to be combined with other offers. For details, please see the Terms & Conditions associated with these promotions.

Want to become a gear reviewer? Enter Your Email for a Chance! So we begged, pleaded, and prodded him though not very hard, this guy could break us in half into doing a whole video series exclusively for GC. Episode 1 "Disarming a Gunman How do you safely disarm someone with a gun? Where can you begin learning how to fight with a knife? Is there a safe way to disarm them? This video will teach you how to disarm a gunman who has a gun pointed at your head. Is there a way to defend yourself in such a vulnerable position? How do you defend yourself? As with all self defense tactics, it requires preparation, quick thinking, and impeccable skill. Has someone ever choked you until you almost pass out? And you can defend against it. With proper training, you can defend and control the situation. It requires minimal strength or technique to escape this attack. Simply by having the proper knowledge on what to do during a rear bear hug can save your life. Learn a simple technique on how to defend against these attacks from the spear position. If you cannot breathe you cannot escape. Learn this simple technique in this video taught by coach Jeremy. Episode 15 "Stick vs. Stick Frontal Attack You can use a stick as an effective self-defense weapon, Coach Jeremy will teach you how; using two stick defense techniques. Learn how in this video. Coach Jeremy will show you how to properly execute an arm control and takedown. Five Basic Elbow Strikes Learn five basic leg strikes that can give you the advantage during an aggressive situation.

This week on the groundbreaking "Don't Be a Victim" block on Spike TV, do you how to safe guard your house from unwanted guests? We'll get a tour of one of the safest houses in the world and learn how you can turn your own home into a fortress, on Practical Tactical.

There are several deductions we can make from available data on carjackings. You face the greatest risk of being carjacked in confined areas while going about your typical routine. Remaining in open spaces with good visibility might decrease your risk, but not by a great margin. The bottom line is that you should always remain vigilant. Stay alert and live defensively. If something looks or feels out of place, it likely is. Be particularly wary of people who are loitering, panhandling or handing out flyers. Criminals frequently use such activities to troll for victims. Never leave valuables where they are visible in your car. Also avoid parking near wooded areas, large vehicles or structures that might impede visibility or potential routes of escape. After you park, make a quick recon before you unlock your vehicle. If anything seems out of place, circle around for a better vantage point. A little time devoted to precaution can abort problems before they start. While driving, retain your situational awareness. Leave enough space at stoplights and intersections to maneuver quickly if need be. Keeping to the center lane makes it harder for criminals to box you in and leaves you with greater tactical flexibility in the event of a crisis. Stay Alert, Stay Alive The first line of defense is always awareness. Take note of your surroundings and try to think like a criminal. Stay alert, stay alive. Keep your doors locked at all times. If in doubt, stay buttoned up and dial Unless they are actively bleeding, anyone you meet on the road who is in trouble will likely be OK until the proper authorities arrive on the scene. In the 21st century, particularly in built-up areas, help is seldom far away. If you feel like you are getting into trouble, dial and leave the phone line open so the dispatcher can hear and record what is going on around you. During a particularly unsettling encounter in a small Southern town where I once lived, a man in a car confronted a teenage girl walking alone across a crowded local Wal-Mart parking lot on a sunny afternoon. The man flashed a gun and told her to get into the car. Thinking quickly, the young lady instead screamed, threw her parcels at the man and hit on her cell phone. The suspect pulled away in frustration and circled around the back of the department store, where he threw his gun into some bushes without slowing down. The cops arrived before he could get out of the parking lot and took him into custody. Once interrogated at the police station, the man was found to have duct tape and half a dozen plastic shower curtains in his trunk. That leads us to our next point: I once had an experienced law enforcement officer tell me that you are safer taking a bullet than getting into a car with a stranger who orders you to. While I am not completely sure this could be statistically proven, it is intuitively sound advice. If you do find yourself in a car with a stranger against your will, act erratically. She then intentionally rammed a parked car and escaped without injury thanks to her airbags. The carjacker fled the scene but was apprehended later. If you are carjacked, try to note as many details about your attacker and your surroundings as possible. If all else fails and you are unable to escape, be vigilant for opportunities and fight like your life depends on it. If you have to fight, hands and feet are always an option, but weapons are typically more effective, especially handguns and pepper spray. Fight For Your Life If you are the driver in a carjacking situation, then your car is a weapon. It is big and powerful, even if you are not. Like the young lady mentioned earlier, do not hesitate to sacrifice the vehicle if that is what it takes to escape. An automobile is devastating in the right hands. It Happened to Me " Armed Gang, Psycho Robber, Carjacker A set of car keys arrayed between your fingers turns a modest punch into something much more effective. We are remarkably resilient organisms, but the eyes, ears and groin will always be weak spots. Pepper spray is also a pretty good deterrent. It does not have an expiration date, is easy to use and proves utterly miserable for those downrange of it. Fingernails, flashlights or anything else hard and handy in the car can potentially make an attacker sufficiently miserable to call it a day. However, what really works best is something designed specifically for the task. Carrying a handgun concealed is at least theoretically possible in all 50 states. If your physical capabilities and emotional constitution are up to the responsibility, get some training and buy a gun. A firearm puts even the smallest, most frail elderly woman on the same level as the

most robust criminal, and they know it. The decision to carry a gun is no small matter, and it should be pondered soberly. Once the decision is made, however, incorporate whatever safety measures are necessary in your home and practice with the gun until you can manage it in the dark. Modern firearms are safe, concealable, reliable and effective in the right hands. Because of this, criminals rightfully view motor vehicle travel as an opportunity. Despite these everyday dangers, a little effort, preparation, vigilance and training can make you sufficiently prepared to motivate a carjacker to look elsewhere for easier targets to prey on.

Chapter 5 : About Your Privacy on this Site

Get your act together, and don't be a victim." Anybody can see how damaging these words would be. It has become common sense that most people who have gone through life-threatening events.

There are more than 2 million reported home burglaries in the United States every year. With all the work we put into improving and repairing our homes, we should take a bit of time to insure that everything in it including our families! So, we reached out to the Education Manager of the Associated Locksmiths of America , Jim Hancock, to get his professional advice on home lock and security improvements DIYers can accomplish. Tell us a bit about your experience as a locksmith and the Associated Locksmiths of America. I am a third generation locksmith. ALOA was formed in to share information and educate the public about the industry. Locksmithing has evolved from simply duplicating keys and repairing locks to working with the newest high security automotive technology, closed circuit television systems, alarm systems, access control systems, safes, vaults, time locks and working in investigative and forensic fields. We are an international organization with members around the world, from China to Mexico. And, we offer training to beginners and veterans across the country and in our Dallas, Texas, training center. What should homeowners keep in mind as they analyze their home security needs? Sadly, the truth is that if someone wants in your home, they will get in your home. The goal of home security is to impede the progress of an intruder long enough to be detected. It is imperative that you install deadbolts. While most regular knob and lever locks offer a mild degree of security, a deadbolt will deter or delay a break-in. However, one issue that occurs when a deadbolt is installed incorrectly is that the hole on the frame of the door, where the bolt goes when the door is locked, is often not drilled deep enough to allow the bolt to fully engage. Look at your windows. If they slide open and are accessible from the outside, is there a second form of lock on them other than the one provided? Many can be manipulated from outside and opened with minimal effort. Look at your sliding glass doors. These doors are usually only secured by the same type of latch that secures your windows, and many are installed incorrectly and can actually be lifted out of the frame from the outside even when locked. Just like the windows, make sure there is a secondary form of lock. Even a door pin, which helps to secure the movable door to the stationary door, and lessens the possibility of lifting the door out of its frame. Outdoor lighting is always a great idea to deter break-ins, as well. What is the most important thing a homeowner can do to update the security of their home? Update the locks themselves and add deadbolts. Locks are like any other commodity you purchase you get what you pay for. Why would you spend thousands of dollars for the stuff in your house and secure it with the cheapest lock you can find? What is the best type of hardware for exterior doors? High security and key control hardware. Deadbolts are a must. And on your entry doors, consider using a passage lock in conjunction with a deadbolt. You have no idea of the number of calls locksmiths get from customers that say they just stepped out to get the morning paper and the door closed behind them and locked. How often should keys and locks be changed? When you move into a new house, apartment, office regardless of when you are told it was rekeyed last. When you give out keys to people like contractors and repairmen anyone that is not a regular key holder. Even if you get it back, you never know if they have had it duplicated. When you lose a key. And just on safety principles, once every couple of years. The amount of things introduced into our industry today is astounding, such as electronic door locks with keypads for residential use. Some actually have the ability to program special combinations that are one-time use for visitors like repairmen, or codes that only work at certain times of the day for a housekeeper or nanny. Some have remotes like what you use to unlock your automobile. There is just a lot of really fascinating technology that back when I was young only existed in the James Bond movies.

Chapter 6 : Don't Be A Victim

Here's what you should do if you think you've been a victim of price gouging. You can contact the Office of the Attorney General Consumer Protection Unit at

I and my husband had a very beautiful life together, but that was until two years into our marriage, just after we had our first and only child. Danny could not hold his own for even five minutes, no sooner than he gets in and the milk is spilt. For months and then over a year, things continued the same way. After a while, I gave up totally, resigning to fate. I was idle, and perhaps that was the avenue for certain things to happen, things I am not so proud to mention. The most crazy of all that I began to indulge in, is basically living on socio-media. My photos bearing faked smiles, hid my inner torment, but there was this guy who could read between the lines, he introduced himself to me as Augustine. But he was smart and witty, I was caught off-guard. From internet chats we advanced to calls and texts, before I knew it, I was inviting this young man into my matrimonial home. I would invite him over on certain weekends, we would meet up at his place on other days. Few days after, my husband birthday came up and I presented him a gift. You care to know the kind of gift that I presented to my husband? My husband applied the secret gift same day, we made love that night and his performance improved greatly. I can never look at any other man again even Augustine because my husband now got it all. Mind you this frustration used to make all woman to take wrong step without letting their husband knows just like me. After suffering from the above problems, we consulted several spiritual houses but no solution was forth coming thinking someone somewhere is making me not to enjoy my sexual life in marriage If you really think you are battling with the problems above, Please read this to the end. Even Doctors recommend it for patients. Am sure your woman is also feeling like me!!! The danger is that most of these men are suffering in silence and would neither speak up nor admit to their problems because of the shame and the fear of stigmatization connected to these issues. You will either curse or bless us. It conserves power and strengthens your sexual ability by replenishing your kidney. It enhances the oxygen content in your blood leading to more penis erection for greater sexual performance. Vigpower increases your sperm count and sperm motility thus heightening sexual experience with your partner. As if that is not enough, this capsule helps to resolve several sexual dysfunctions among men including premature ejaculation, erectile dysfunction or frequent spermatorhea. Get control of your sex life, and become a satisfied and satisfying lover now. Also, these super-effective capsule support the reproductive system of men and women while helping a great deal to cure infertility problems.

Chapter 7 : Don't be a victim - Pennsylvania Sheriffs Association

Don ' t be a victim. Episode 18 - Preempted Neck and Spine Control Takedown Defuse an aggressor before things escalate to violence with a technique that coach Jeremy will show you step by step.

Chapter 8 : Scam Stories From People Like You: Don't Be a Victim

You don't have to take risks. When you feel like a victim you tend to not take action and then you don't have to risk for example rejection or failure. Don't have to take the sometimes heavy responsibility.

Chapter 9 : Donâ€™t be a Victim â€“ Crime Prevention and Safety Advice | blog.quintoapp.com Blog

When it comes to defending yourself, Don't Be a Victim! Learn to be more self-aware and protect yourself in this FREE self-defense class.. The City of Phoenix offers free self-defense classes for anyone 8 years or older.