

THE JORDAN HARBINGER SHOW

Worksheet for Gavin de Becker | The Gift of Fear (Episodes 329 & 330)

Violence is built into the human mind. Try to imagine the most grisly way of being violated by another human being; since you're able to contemplate it in the first place, it's likely been done to someone — or maybe even many people — in the past. It's part of human nature.

The Gift of Fear and Other Survival Signals That Protect Us from Violence author and MOSAIC Threat Assessment Systems developer **Gavin de Becker** joins for [this two-part episode](#) to discuss his decades of experience in protecting people at every level — from the top levels of government to victims of spousal abuse.

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Improving How We Read Ourselves

Gavin talks about his MOSAIC system as something that imitates human intuition of threats by weighing thousands of inputs and predicting an outcome. I point out that we are really bad at reading ourselves.

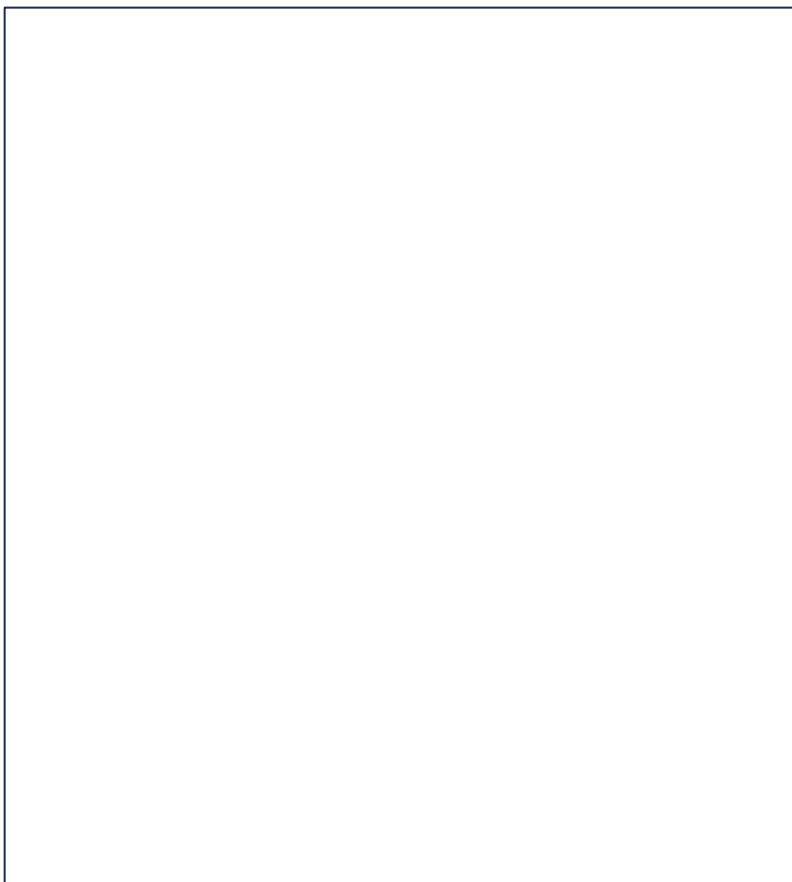
In what situations have you been awful at reading the input and assessing an outcome? What were the consequences? How might the results have been different if you had listened to your intuition?

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How It Should Be Doesn't Matter

The voice of intuition competes with the other voices in our heads, and often those other voices drown out the intuition. It doesn't really matter how a thing should be, but how a thing really is.

What other voices in your head are competing with your intuition? Which ones are the loudest and most demanding? How can you mute those to listen to your intuition?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

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I Am Not Your Victim

After I told Gavin about my attempted kidnapping in Mexico, he said I did exactly what I needed to do — I told an attacker: “I am not your victim.”

Can you think of any situations in which you've been the victim? What did you do to fight back? What would have been the outcome had you not resisted?

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Uncovering Intuition

“Your intuition must be uncovered, and not honed,” says Gavin. You already have everything you need to keep you safe if you learn how to listen for it.

Can you think of a time when you’ve ignored your initial feelings about a situation that later turned out to be accurate?

Next time you get a hunch you can’t explain, keep track of what you did (whether you acted upon or ignored the hunch) and the consequences of your response. Being aware of the causes and effects of your intuition-based choices will help you uncover its full potential.

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Privacy and Control

PC means Privacy and Control to Gavin, which are the primary pre-incident indicators of an attack.

Can you think of any situations in which you've been in a private environment and given up control? Was your intuition advising a different course of action?

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An Unsolicited Promise

A strong pre-incident indicator is an unsolicited promise. Somebody only promises something when they know you don't trust them.

What are your experiences with unsolicited promises? What was the outcome of the situation?

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Worry vs. Fear

Gavin describes the difference between worry and fear. Worrying is a waste of time while fear is based on rational concern. Worry is never about the present moment.

What do you worry about? What has it stopped you from doing? When dealing with worry in the past, what has been effective in putting a stop to it?

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The Rule of Opposites

We can use what Gavin calls the rule of opposites to calibrate our decisions when we begin to rationalize.

What behaviors are included in your rule of opposites? What do you do when somebody violates those rules?

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Threat vs. Intimidation

The difference between threat and intimidation: intimidation is an outcome the intimidator wants with a condition; a threat has no conditions. A threat is rarely acted on.

Can you think of any of your relationships that have involved threats — from either yourself or the other party? What effect does this have on overall communication within the relationship?

Are you still in the relationship — if so, do you feel it's a relationship worth continuing? Why or why not?

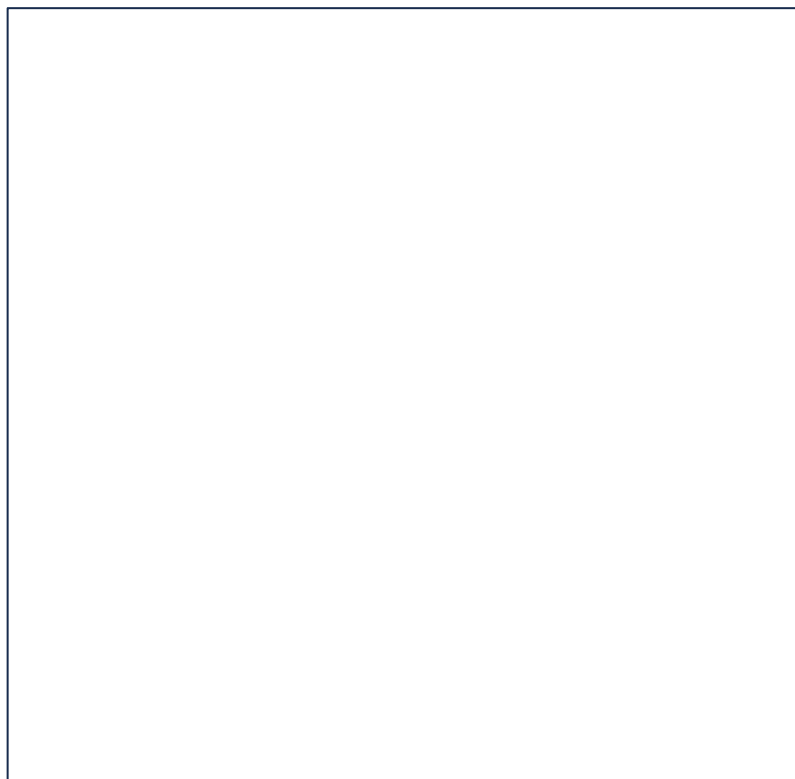


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How Do You Know You're in a Violent Relationship?

Gavin and I discuss how to know if you are in a violent relationship.

Do you have intuitive feelings that you are at risk? Does your partner use intimidation to get his or her way? Have there been past incidents of abuse? Get help now.



Full show notes and resources for this episode [can be found here.](#)

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About



Join us as we get deep into the untapped wisdom of the world's top performers – from legendary creators to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth – and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these valuable insights into your own life and live what you listen.

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