

## **PASSIVE SELF DEFENCE OR DEFUSING DEFENCE**

### **BOUNDARY SETTING**

Your boundaries are the lines that when crossed make you feel uncomfortable. For instance physical boundaries could be someone standing too close, intruding into your personal space or touching in an inappropriate manner. Invisible boundaries could be asking intrusive questions, using offensive language, etc.

Establishing your personal boundaries will enable you to handle anyone who fails to treat you with respect, i.e. co-workers, difficult date, nosey neighbor, life partner, bullies, or the manipulative predator, in an appropriate manner.

What are your personal boundaries ? if you don't know them, then how will others.

De-escalation skills De-escalation skills are about stopping a verbal confrontation from boiling over into a physical one. So turn down the heat. Stay objective and remember: your pride and ego are your worst enemies here!.

### **STAY CALM**

- Maintain eye contact (but not as a challenge)
- Check body language (is it assertive?)
- Keep hands free with palms open towards the other person.
- Check the distance (Personal space)
- Refrain from antagonizing, threatening or giving ultimatums.

### **LISTEN**

- What they are saying?
- What do they really want?
- Are they just blowing off steam?

- Are they right?
- Check the distance.
- Watch the danger signals, is the voice getting higher? Are they talking quicker?
- Remain in control.

## **SHOW NO FEAR**

- Hold your ground.
- Speak slowly and evenly.
- Ensure body language matches verbal tonality.

## **COMMUNICATE CLEARLY**

- Keep commands simple, make it clear what you do or do not want.
- Open with something like " I understand your concerns... (but close with a definite statement)... but step aside".
- Ensure you use command tonality (mean it!).
- Mindset yourself for possible violent outcome.
- Mentally prepare for the worst.

## **VERBAL SKILLS**

- Verbal skills are more effective when other people are around (in ear shot).
- Use short to the point commands, "stop", "back off", "get out".
- Leave no room for discussion or don't try to justify yourself.
- Back up verbal command with appropriate body language.
- Keep repeating your verbal command louder and stronger.
- Mentally prepare for the worst.

## **INTUITION**

- Listen to your intuition i.e. gut feelings, suspicion, apprehension or hunches and act on them.
- Do not rationalise.