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ARE YOU SECURE WITH YOUR SECURITY?

1. SECURITY MEANS SURVIVAL

Are you sure that you are safe and secured? The answer to this question could make a great difference between life you want to live and the life someone can impose on you by stealing your wallet or car, robbing your apartment or house, attacking you in the street, hurting or murdering you.

Based on some researches, 80% of city population will have become at one point or another a victim of a predator. Additionally, four out of ten citizens will be harmed during robbery or assault. Theft, robbery and breaking and entering have become more frequent and every person will have become the theft victim at least once in a lifetime, and 90% of population will run into burglars at least three times in their lives.

The majority of people wants to live safe and secured, with the standard that can enable fulfillment of some essential needs, as an apartment or a house, education for their children, average car, a few holiday trips annually, summer by the sea and a few trinkets for birthdays. It sounds average and Philistine, but it is true. However, with the acquiring of general behavior culture, within our families, kindergartens, schools or streets, do we acquire personal safety culture?

Many people will claim that they think about their personal safety, safety and security of their homes, their families and companies where they work, and will leave, in the end, their briefcase on the back seat of their car, park the car, lock the car and have a cup of coffee in a nearby bar. When they return and find out that someone broke into their car in the middle of the bright day they would be very shocked because someone dared to steal their briefcase. Out of the state of shock they start screaming and yelling at police officers, passer-bys (who were probably not even there) but they will not hear the question: What could I have done to prevent this?

Since the very beginnings of organized human life, security has been rare and precious. The history of mankind is the history of constant conflicts and insecurity. Wars, arming, kidnapping, rapes, they were all parts of everyday life for individuals, in a way as today we watch TV soaps or go to work or to a store. Today, for the majority of people who live in democratic societies, developed or in transition, the main problems are unemployment or low salary, credit rates or their daughter's unwanted pregnancy, while theft and predators are something we show shock and disbelief to while watching the News or reading daily newspapers. Until someone else reads our names in the accident section.

Even though the mankind has been writing their history in blood it would not have survived for so long if the individual desires for security have not been strong. The desires for the security of individuals and their families overpower the intention of all predators, no matter how big or small they are. Besides the politicians who would leave countless victims on their path for power, and so-called businessmen, ready to destroy companies and lay workers, pollute water and air or cause wars for additional profit, there is a population of small predators that could threaten your security, health or life. In your apartment, house, on a trip or at your workplace. This book could help you protect yourself. In your fight against predators you will need allies – let this book be one of them.

1.1. THE VICTIM AND 7 DANGEROUS QUESTIONS

Plutarch¹ said once, "Know yourself." It means that in ancient times he offered simple understanding of basic security to all who were transferring their knowledge to new

generations sitting around the fire. An answer to a question how to survive in dangerous times was, "First you have to know yourself."

In order to safe and secure you have to know your present position in your life. Present position, as life is like the river, and not like a concrete block anchored in time and space. As your life goes from one point to the other, so the changes happen, and you have to recognize them and know what to do to make the final result at your favor.

Knowing yourself does not mean filling in a very detailed psychoanalysis form which will give you answers to question like what is your role in the universe? In this case you have to know how you will behave in situations when your security depends on answers to seven critical questions for recognizing danger. It means that you have to understand all those questions starting with *who, what, when, where, how, with what* and *why* that you encounter in your life.

Who in your life is not the question regarding who you are but also who are the people around you. Who is the person you are talking to right now? Does he/she drink too much, can he/she become violent when furious, how stress affects his/her life, could you be raped, beaten or killed by this person under these circumstances? You must always know who is around you, because there is a thin line between paranoia² and reasonable assumption that you can also be attacked by the predator.

The list can be filled with many different people, everyone you meet on a daily basis. Beside you spouse, include your boss, colleagues from work, car mechanic, joggers in the street and garbage collectors. You have to be aware of their presence, do not assume that they are harmless, that they do not mean any harm to you and that they are only walk-ons in your movie. Notice them and assess them, because any of them could become the leading negative character in your movie turning you into a victim that disappears in the first half of the story. Freddy Krueger, Hannibal Lector or Jack the Ripper³ look terrible on the movie screen, and people like them could turn your life into the worst nightmare ever.

What means what you do on a daily basis. Everything you do offers a lot of information about you and your life. Your job, your family routines, your lifestyle and hobbies are all parts of your identity, and therefore, make you vulnerable.

A life of a commercialist is different from a life of a police officer or a factory worker, and a life of a software specialist is different from a life of a faculty professor or physical therapist. But they share the fact that they are all vulnerable at work, and on their way from home to work and back. It is obvious that possible danger varies but the varieties do not allow them to be neglected. Your reaction (even if it is lying on a couch with beer and peanuts) is part of your identity, your *what*. But there are also other factors.

Many parents who have under aged children who go out late at night to clubs or concerts and come home at early morning hours, do not sleep at night or set alarm clocks to be up when children come home and ensure them some safety. This part of their *what* creates the pattern of extreme vulnerability and this pattern will be noticed by everyone in their life, good or bad.

Perhaps you like music and arts, which means that you go to the theater or coffee bars in the evening, and in the morning to museums or galleries. Perhaps you attend art classes, which offers new vulnerability opportunities. You are a human and you have to eat. It means you go to shops and restaurants, which increases the number of possible danger locations. Then it is defined as *when* and *where*.

The predator chooses when to attack and therefore you should always be ready for an adequate answer. It is understandable that you will not always be in the mood for a fight, but if you feel you are in the period when the potential predators might attack you

and reach their objectives, you should limit your movements to places you know well (where you can organize your defense) and to known people who calm your instincts.

Where can predators attack you? Almost everywhere. The possibilities are endless, from the narrow alley in a strange part of town to your bedroom. Think objectively about the safety and security of your neighborhood. Many believe that the guys from the neighborhood would never attack them, respecting the unwritten rule that these things are not done at your doorstep. And people who believe in that usually minimize danger as they would like to believe that they live in a safe and secure neighborhood.

How does your neighborhood look? Is it average or do you often hear neighbors quarrelling, sometimes gunshots? We usually think that richer neighborhood means more safety and security for their inhabitants. However, due to the fact that you could not afford a more expensive apartment with quality security system does not mean you do not have the right to live. If you want to have a chance to live in secured environment, use your common sense. You have to be aware these things happen all around you.

What would your life look like if you were the predator? If you wanted to rob, rape, steal a car or kill someone, how would you do it? It is related to what, where and when in your behavior. Add how to your behavior and we have the whole. If you want to attack yourself how would you do it? What are your worst fears? Greatest weaknesses?

The essence of strength is not your physical strength. The essence is how well you defend yourself in areas where you are the weakest. The predators do not attack when they feel your strength. They attack when they think you are vulnerable, when you are an easy prey. When they are sure that you are alone, weak and when no one will help you. This is the way predators act. Have you watched Disney's Dinosaur where the main bad character, Sharptooth⁵, is strong when he chases and eats frightened animals weaker than him, and remains confused when the leading good character leads a group of plant-eating animals against him?

The question *with what* defines answers that describe weapons and tools the predator uses to perform the successful attack. Do their height and weight, voice and aggression the predators will use to intimidate you, make you shiver? Is it arms, cold or fire, that would be used to compensate between his/her disadvantages and your advantages? Is a threat to fire you to make you accept his immoral offer? The answer to the question with what could help you prepare your defense in a way to cancel the advantage the predator gained by using some external addition to his/her wish for aggression.

This leads us to the situation *why*, which does not mean why the predators behave the way they behave. This type of a question is for psychologists, priests, philosophers in a TV studio or conference room, but when you are attacked do not try to answer the question why someone decided to attack you. Ask yourself how you are going to survive. Look for the answers to why you when you defended yourself.

So, why am I in this position? It is possible you did everything you could to be safe and secure and again you were attacked. Perfection could be a philosophical concept, but has never been seen on the Earth. No matter what you do, there is always a chance for someone to attack you, the same way as non-smokers could develop lung cancer. If you did not do everything for your safety and security, why didn't you? You did not have free time? Do you like adventure? Are you suicidal? You feel so safe in your neighborhood that it never came into your mind? Or you thought it could never happen to you?

1.2. INSTINCT

Strength comes from your self-esteem. Safe performance derives from your strength, and the performance is the greatest hypothesis for security in the world we are living in. The criminals are predators, and predators do not attack the strongest animal. They look

for a victim that is easy to overpower. They do not look for someone stronger than they are. They like their victims behaving like sheep when the wolf attacks.

Do you know what sheep do when the wolf enters the fold? Each one tries to run in their own direction, thinking, "Let it not be me. All others, but not me." They run around and then the wolf takes one at the time. What happens when the last remains? When there are no slow and weak ones? Then it is the end. And the wolf goes to a new fold.

If the predators recognize the strength and security in your walk, if they understand that you are sure of yourself and look like someone who can take care of him/herself there is a great chance they would avoid you and start looking for a weaker target. The best way to win the conflict with the predator is to prevent him/her from attacking you.

Your basic weapon against the predator is your instinct. We are all born with instincts, but with some, during growing up, the instinct disappeared or was suppressed. We all carry survival instinct within ourselves, only some choose to listen to it while others do not.

We know that our brains record everything they observe on different levels. Instinct is our subconscious that recognizes implanted fears we inherited from our ancestors. Our subconscious also records things we have not noticed consciously, but have remembered as a situation that repeats itself. It could be a sound or a fragrance that does not belong to anything we know or we have learned it and remembered it as negative.

On a certain subconscious level, our brain will not link the sound, picture and fragrance with the familiar and evidenced situations in the brain or the brain will send signals that something is not alright because it will be related to previous negative experience. The signals from brain will be in the form of knots in our stomachs or something else.

After receiving the signal, rational thought will overtake the control and try to alleviate the strength of the signal. *It is OK*, it will say. *You are a big boy or a girl. There is nothing to be afraid of.* Grow up! Many people face problems every time they do not listen to their instincts.

Listen to your instincts. If your stomach tells you to leave, then leave. It is better to look funny because you listen to your instincts than to end once and for all as a good bite in predator's mouth.

Wisdom is the sum of knowledge, experience and instinct improved by rational behavior in order to secure continuous improvements in life. With our knowledge and experience we recognize all who, what, when, where, how, with what and why in our lives. By knowing answers we create our identity, and knowing our identity we are closer to our instinct. The result is personal protective wisdom.

A wise person recognizes the value of life and keeps it while improving its quality. A few things improve the quality of life as a feeling of personal security. Wisdom leads to security, and security leads to more wisdom.

Do you know your personal goals? You, probably think about them very often, or you did not define your goals, so you live by inertia. However, defining goals is one of the most powerful things you affect your life with. If you place caution and security on the top of your personal list the quality of your life will improve. If you, on the other hand, live without goals, you are liable to other people's goals. They will impose their goals onto you and move you to achieve them. Whether you like it or not. The predators will do that by force if they want to.

You can understand that someone grew up in a problematic family or without a family, that he/she lost a job or has problems, but would you ever accept the fact that he/she has chosen you or someone you care about as a means to solve his/her problems?

Every person is filled with energy, but some show it as positive while others as negative energy. One has the need to create things, others to destroy things. Creativity is present in both groups. The former, positive, will accept the possibility to create something, help someone or do something good as an opportunity to show their positive creativity.

For negative personalities creativity is in thinking of new ways to steal, rob or kill. Similar things happen in nature, too. We have summers and winters, we have a period of creating and a period of decomposing. The question is whether you want winters to replace, without a special need or reason, your summers?

1.3. VIOLENCE AND TERRORISM

Terrorist activities have been a burden to our every day lives and people on all continents for decades now. Terrorists attack people whose habits are similar to ours. Each terrorist attack is an attack to people who go to work and participate in their survival process every day. It is the attack to everyone who wants to go to the movies, has lunch in a restaurant or travels to visit friends or for business. And then, someone with different habits, of different background and education, and goals decides to put an end to it all.

Until the 20th century wars were fought by armies, while the civilians felt the consequences of victories or defeats. Slaves and serfs did not care who was their master, but with the appearance of national states in the 19th century newly created working class became involved in their masters' quarrels. Anyway, the wars were still fought by armies, armed soldiers who agreed to kill and be killed. With the Second World War civilians became victims the enemy attacked to weaken the other party.

The phenomenon of people to whom terrorism is their breakfast, lunch and dinner lies in the influence on their personality, the environment in which the person develops, but there is this theory that people accept terrorism due to their biological predisposition. The truth is probably somewhere in the middle, as terrorism could not be explained with only one theory.

Wars having been led since the second half of the last century have marked civilians as prime targets of possible attacks. That is the essence of terrorist actions. By attacking civilians, who do not expect it or do not know how to defend themselves, they bring insecurity and fear into our lives. Imagine you are on a plane (bus or train), you read newspapers, or you have just arrived at work, and someone decides that your life is worthless and that it should be destroyed in order to create destruction and send a message to the government that those who take lives are stronger, more important and more valuable than you are. Would you accept it without resistance?

The fear of terrorist attack pushes us to pose pressure on politicians to expand the budget for our security. As the budget fills from the taxes we pay, by strengthening defense we weaken other social activities financed from the budget. By allocation of funds from one segment into the other terrorists achieve one of their goals, as employees of the sector that is losing money are becoming unsatisfied and threaten to go on strike. And this is the action terrorists were counting for. By weakening economic strength of countries whose individuals they attack they believe they could impose their political power.

1.3.1. AIMS OF TERRORISM

Terrorism is violence against certain population (citizens of one country or area) due to political or economic aim which is based on political, social, economic and ideological differences, and which could be emotionally triggered by fear, hatred or greed. The word terror⁶ has its roots in French Revolution, when revolutionary government was highly

involved in brutal extermination of previous regime, its followers and against everyone who did not support the new order.

The basic aim of terrorism is fear and insecurity of individuals. It denotes the rule of terror (fear) over frightened people with the system of physical and psychological violence. By executing their methods, terrorists influence conscious and unconscious processes in people, they influence their behavior, creating new values that influence the society as a whole.

Sometimes for the achievement of goals of one terrorist group they do not need a large number of participants or a lot of money. With the number of additional forces and invested resources, the area covered by the terrorist act increases. If we add unpredictability of the final aim of terrorists, the limitations of fear are spread to global measures. In these actions there are not innocent victims and there are no safe ones, anyone could become the next victim. Each terrorist act, as much as being proclaimed political, is in fact nothing more than the attack at the caravan in the Middle Ages, nothing more than attack at economic safety of companies, society they operate in and individuals who work there.

Terrorists are not lunatics, but they are also not simple predators. Their operations are not exclusive and if you accept their logic – they sound very reasonable. They claim that they work for the greater good and in most cases they defend rights of individuals from big, bureaucratic and inhuman domestic and foreign governments, creating the frame for initiating revolutions, and making one race, nation or faith superior.

In this book it is not important what faith, race or nation the terrorists are. It is important to determine that they march over laws of other countries, the religious values they appraise so much (as we know all great religions talk about love, faith in people and fear from God's punishment), in order to achieve their goals which are power, money and control, respecting only one rule: strength.

1.3.2. POWER, MONEY AND CONTROL

The earlier goals are not specific only to terrorists. These aims (power, money and control) are more or less the aims we all want to reach. The question is whether we are going to reach them by respecting rules of the game (laws) or by violence. The question is whether we are going to create our success on our abilities or by using force, by stepping over other people, and how long the success will be. So anyone who thinks that could threaten you only because he/she is physically stronger, or is on a better political position or has connections, enters in the description of a terrorist.

The continuance of success is the most important thing. Is it a success to endanger the rights of your fellow citizens or rip them off, and then end up in a prison cell? You can enter the bank, seize the moment, take out the gun, threaten people and steal money because you have the gun and everyone around you is afraid of you at that moment. For a brief moment you will have a lot of money, and what next? The success will disappear the moment you are arrested, sentenced, or you might die during the police action. Is this success?

Psychologists, police officers and judges can tell you more about this. What we are interested in is how to protect the world we live in (our families, friends and relatives, colleagues and business partners) from predators, who threaten the world security with their behavior.

1.4. NECESSITY FOR SECURITY

I think you remember when you were a child, how, during storms and bad weather, you ran to your parents room, or asked them for a hug, after which you forgot thunder and darkness, and fell asleep very quickly. This hug was something giving you the feeling of security and today when we think about it we feel good.

In these early years of your life the feeling of security was the strongest. With time, we take responsibility for our security and start looking after the security of our children. For the protection of our family a person is capable of anything, which means he/she will try everything to neutralize (eliminate) possible danger, or an action that threatens in any way.

Threatening you or some members of your family could happen anywhere and at any time, we must not forget this. It is irrelevant to statistics that shows some areas as more dangerous than others, as well as time.

The types of threats and the means will be described later in the text. Try to copy described situations or predator's actions in your social behavior and space, in order to stimulate the same event, and what is more important, to foresee your reaction, i.e. the way of confronting and removing the source of danger.

An English philosopher Thomas Hobbes⁷ defined fear of violent death, of other person, as the greatest fear. Due to this type of fear a person joins other people who have the same fear. This grouping appears due to the need, and not individual's choice, and Hobbes concluded that all human beings do not have other choice to protect themselves but to give themselves up to the protection of rulers (king or parliament).

This approach has older roots. Aristotle⁸, in the 4th century BC, stated that the main reason for town-states was defense of lives and assets of their citizens from predators. In the 14th century Moorish politician Ibn Kaldu'n, defined king's ruling as responsible *for removing the influence of one man on health and life of the other in order to remove violence and unfairness that is brought by animal nature in humans.*⁹

Due to the primary role of government to prevent mutual killings of their citizens, as viewed by Hobbes, the government has to monopolize the strength. Therefore, we have special people in charge of people safety and security – army, police, judiciary system. But, what happens when for any reason their activity does not bring the feeling of security to their citizens? What should a person do then?

In 2002 a few Croatian daily and weekly papers ran surveys to find the answer to question to which of government institutions citizens believe the most (the least). The results warned them that people do not believe to administration of justice, Parliament, Government and police (on average 9 to 15% of interviewees). The surveys showed that one out of ten of citizens in Croatia believes in the system that should endure our economic, legal and personal security.

The cases with inefficient judiciary system and police, pictures of politicians in power and in opposition that mostly deal with mutual settlements, the increased number of pages with accidents make people insecure and desire to ensure their own safety. An individual has two possibilities to create security he/she wants: to join groups or clans (gangs, family groups, local groups) or to be strong enough to prevent predators from getting to him/her. Grouping by interest is recognizable and frequent phenomenon in the streets, in companies and in politics. But, what with individuals that do not want to join groups for any reason, but want to be secured? What do they have left?

It does not seem good if such individuals choose extreme behavior, because at that point everyone will have two dogs, a gun, and solve every dispute fighting and shooting. This brings us a few hundred if not a few thousand years back in the past, when organized social securities did not exist or just started appearing (first tribes, early towns).

What would it look like if everyone was wearing a gun, was illustrated in the words of one of Dalmatian musicians, who when freed of charge for illegal possession of a gun said, "Every p...y wears a gun in Split, so why wouldn't I?" What do you have left if a bullet from one of these heroes end in your car, house door or your child's body, after, a local dispute or firing in the air during wedding, football or Christmas gatherings? Would you believe in laws, police or courts, when everyone will laugh at you and say what a p...y you are or you will fire back, to prove you are a man?

If you decide to shoot, will you pull the gun if someone cuts you in during driving? Will you take justice in your hands and punish thieves yourself if they rob your house, and a local judge gives them a minor sentence due to mitigating circumstances? Will you fire at children if they jump over your garden fence looking for the ball that flew in after a high kick?

1.4.1. FIRM HAND OR DEMOCRACY

To prevent you from expecting the impossible you have to know that there is not a single society where police and courts are all-powerful and one hundred percent efficient. In Western developed countries more than half of offenders are never found, reported or punished, the data for Croatia shows that in 2001 every third report of offender was dismissed, and almost half of criminals who ended in jails was sentenced to less than six months.

Will you be comforted by the fact that you were attacked by the predator because you live in an imperfect world and you will find yourself among those whose cases are never to be solved due to human (i.e. police and court) imperfection? Do you agree to play the role of a victim in a world where predators will never be punished, as the system you live in, based on law on large numbers¹⁰, does not function when you are in question?

Many people think that the only solution for personal security is firm hand by the state. I believe that you have heard very often after political speeches: We need a firm hand. People think about the necessity of limiting individual freedom to achieve greater safety, and a politician or a party is looked for that would to make order.

Recent history confirms that the firm hand is not a solution to our problems, only an apparent state that enables us to achieve economic and political interests (mostly power) of the ruling group. Let us name only the cruelest examples of a firm hand – in the era of Stalin about 50 million people lost lives due to a firm hand, Hitler's firm hand ended more than 30 million lives in the period from 1933 to 1945, while we do not know the number of people that have died of hunger, beating or weapons in the North Korea from 1953 until present day.

The state ruled by the firm hand is for predators, smugglers and other illegal profit makers, who are connected with the ruling party by family or financial connections. The apparition of order in societies ruled by the firm hand permits multiplying all worst human impulses which stimulate hatred and violence under the apparent calm surface.

Undemocratic behavior of individuals or groups by the firm hand is not the solution for safety and security. Peace and order are only apparent, because of fear of individuals who are not at the mercy of their ruler or a group, but in long-term rebellion by citizens lead to termination of managing the state. Strange, but very often on firm hand is replaced by the other.

And the only guarantee to a higher safety of an individual are: (1) understanding that prevention (education on possible attacks and defense options, activities that bring to security, investing into security of your homes, self defense, etc.) are the best defense from predators, and (2) efficient judiciary system and police, that apply laws equally to all, as a guarantee for punishing predators that commit crimes.

As soft as it sounds, the only guarantees of the highest security are in the basis of principles of democracy: individual freedom to choose (which includes respecting other people freedom) and application of law to all equally, irrelevant to income, political relations, religion or nation.

If you think that this is impossible you should study Switzerland or Sweden, even the United Kingdom (when it comes to football hooligans).

1.4.2. CRIME OR SECURITY

The crime is only one of definitions in the law, and the meaning changes with every change or application of the same law. How often have the workers from bankrupted factories used this word to describe privatization after which they were thrown in the streets, and everything was legal? How often do you use this word to describe someone's behavior which is improper to everyone but to the law and those who apply it?

In order to understand this book, the word crime will be defined as unlawful act acted upon another person or his/her property, described in the law and for which a certain punishment is defined. The term security is much harder to be defined. When talking to people who worked or are still working in any of security companies whose primary business is security of people and facilities, whether in a private company or within the government institution, you can hear different interpretations of the term security.

Let us try to define the term security as a set of measures and activities to protect a person, information or facility (thing). The efficient security is provided by individuals (when it comes to personal security or the security of private property) are specialized organizations which, depending on the subject or object for security, we call security services and security companies.

Security services are very similar but also very different at the same time. The similarity is seen in the fact that they operate under the same laws and regulations, have similar organizational structure, authority, field of work, means they use, etc., and their differences are from people who apply all of the above. Given similarities, or differences are not characteristic only for these services. They are the reflection of functioning and efficacy of the surrounding system and with which they are closely interrelated, whether it is government organization or private organization.

What about the security of an individual? What when the entire system disappears when someone attacks you, robs you, rapes you or kills you?

Notes:

¹ Plutarch, (c. 46 – 125) was a Greek historian, biographer, essayist, and Middle Platonist

² paranoia - Greek, παράνοια (paranoia) simply means madness (para = outside; nous = mind) and, historically, this characterization was used to describe any delusional state.

³ Freddy Krueger, full name Frederick Charles Krueger is the main fictional character from the Nightmare on Elm Street series of films. Hannibal Lecter is a fictional character in a series of novels by author Thomas Harris (Red Dragon, The Silence of the Lambs, Hannibal). Jack the Ripper is an alias given to an unidentified serial killer (or killers) active in the largely impoverished Whitechapel area and adjacent districts of London, England in the latter half of 1888.

⁴ Walt Disney Studio famous for its feature-length cartoons.

⁵ Tyrannosaurus Rex was a bipedal carnivore with a massive skull balanced by a long, heavy tail.

⁶ terrere, the Latin word meaning "to frighten".

⁷ Thomas Hobbes (April 5, 1588 – December 4, 1679) was an English philosopher, whose famous 1651 book Leviathan established the agenda for nearly all subsequent Western political philosophy. Hobbes's account of human nature as self-interested cooperation has proved to be an enduring theory in the field of philosophical anthropology.

⁸ Aristotle (384 BC – 322 BC) was a Greek philosopher, a student of Plato and teacher of Alexander the Great.

⁹ Ibn Khaldun. The Muqaddimah – The Introduction to History; Croatian translation by Franz Rosenthal, 1958.

¹⁰ The possibility of error rises with the number of events.