

Worksheet 1 - Home approach

The last 200 metres to your door, and the door itself.

LOCATION / SITUATION

DAY AND TIME (BASELINE) - what does normal look like here at this hour?

S - SCAN - people, exits, lighting, obstacles, where help is

A - ASSESS - what would count as a change? direction, distance, pace, attention, numbers

F - FIND OPTIONS (AT LEAST TWO) - named places, people, routes

E - EXIT EARLY - my trigger to leave, and what I do first

HABIT TO CHANGE - phone away, one ear out, vary the transition
