**breathe**

Pattern Breathing

Cleansing breaths

**scan**

Use all your senses

Take in information

**threat**

Identify all threats and threat zones

**position**

Be aware of your position

Distance (time)

Shielding

Communication

**cover**

Shielding

**connect**

Use communication to connect with People

Maintain control

Emotional Intelligence

**escape**

Escape opportunities for you

Escape opportunities for suspect

Disengage to de-escalate if safe and feasible