



MVS: Don't Be Naive

Title

Don't Be Naive

Description

"Better safe than sorry"

You walk around with your head in the clouds, thinking life is a Disney movie. **You assume people are good**, that laws and other **abstract constructs keep you safe**, that violence is something you see in movies but never in real life. Yes we are in the 2025 but our primordial brain circuitry does not give a shit.

Reality check: The world is an open jungle, and the moment **you let your guard down, you're prey**. That old lady crossing the street? Could be a con artist. That smiling guy at work? Might stab you in the back to get your job. That "friendly" stranger? Just waiting for the right moment to rob your wallet. **Evil** isn't some Hollywood villain in a cape—it's in normal people. It's in **our ancestral nature**. It's in your **blind trust**. It can be **really, really subtle**. It has **different dimensions**.

From *Natural born killers: The genetic origins of extreme violence* (Freguson, 2019):

“Moderate aggression can function to increase an organism's reproductive success; extreme violence can place the organism at unnecessary risk. Genetic polymorphisms that have been linked to extreme acts of violence are reviewed as is research elucidating how genetic risk and environmental stress may interact to increase risk of extreme violence. Extreme violence is viewed as high-end variance in an evolutionarily adaptive process in which the propensity for aggression and violent behavior, in moderate doses, has been adaptive for individual humans.”

Violence isn't an anomaly; it's a fundamental part of human nature, just like any other trait—height, temperament, intelligence. Some people possess it in greater measure than others, but **no one is exempt**. Just realize that **people are not cotton candy**.

The Stanford Prison Experiment (Zimbardo, 1971) proved that given the chance, normal people will become sadistic monsters if power allows it. *The Milgram Experiment* (1963) showed that regular citizens would torture others just because an authority figure told them to. **The world isn't maybe cruel—it's definitively cruel when you least expect it.**

Although the majority of people—perhaps 90%—might claim otherwise, the **ability to handle violence** is not a secondary skill or an optional luxury. It should not be dismissed or avoided. Instead, it serves as a crucial asset, **enhancing situational awareness and improving your ability to detect, prevent, or evade potential threats.**

Being prepared doesn't mean seeking conflict; it means understanding that danger exists and equipping yourself with the tools to navigate it, to protect yourself, your loved ones and vulnerable people. **Ignoring this reality does not make the world safer**—it only makes you more vulnerable. As the saying goes:

"It is better to be a warrior in a garden than a gardener in a battlefield."

Yet here you are, drifting through life in blissful ignorance, eyes glued to your phone while crossing the street, assuming that traffic laws will

protect you, that strangers mean well, and that danger is a distant improbability. Reality, however, has little patience for such naïveté.

Tasks

Not your usual homework.

1. UNDERSTAND THAT LAWS DON'T STOP VIOLENCE—THEY ENFORCE IT.

- Police don't stop crime; they **react** to it. The law isn't a shield; it's a hammer used **after** the damage is done.
- Arrests, prison, and executions are **legal violence**. Society functions because we **accept controlled brutality**.
- **Assume** that the only thing keeping people from attacking you is the **fear of consequences**—not goodness.

2. MAP THE VIOLENCE AROUND YOU.

- Read the **crime** section of your **local** newspaper .
- **Identify trends**—mugging locations, scam tactics, types of criminals.
- Walk in public with the knowledge that **someone near** you could be dangerous.
- **Notice** who looks nervous, desperate, or just *off*. Your **gut feeling** exists for a reason.
- **Analyze** objectively your **relationships** (of every kind). Look for suspicious behaviors.

3. CONSTANTLY TEST YOUR AWARENESS.

- Sit in a **public place** and **mentally list**:
 - Who's near you?
 - What are their hands doing?
 - What's the quickest exit?
- **Observe, analyze, prepare. ALWAYS.**

4. DO NOT APPEAR LOST

- Make **direct eye** contact. Weak people avoid it.

- **Walk like you know exactly where you're going**—even when you don't.
- **Never appear lost**, confused, or panicked in public.
- **Train your body**—if you look physically weak, you look like prey (think like a thief and how an ideal prey would be).

5. EXPOSE YOURSELF TO HARSH REALITIES

- **Watch real violence** (not movies—REAL surveillance footage, self-defense videos, attack recordings). *Skip this step if you used Instagram on the 26th of February XD (Not for everyone).*
- Understand **how quickly things turn bad**.
- Notice that victims often freeze or act dumb—because they didn't expect it. YOU won't be like them.

6. STOP BEING SHOCKED BY "NORMAL" PEOPLE DOING EVIL THINGS.

- **Study** history. Genocides, wars, mass murders—all committed by *ordinary people*.
- Understand that **kindness can be fake**, and cruelty often hides behind a polite face.
- Just because someone looks "nice" doesn't mean they wouldn't sell you out in an instant if it benefited them.

7. BE PREPARED.

- Start to **learn REAL self-defense**, combat sports, firearms training, etc.

8. LEARN TO IDENTIFY MANIPULATORS.

- Watch for fake smiles, forced friendliness, excessive compliments. Study microexpressions.
- Learn to say **NO** without guilt.
- If someone pressures you for something, ask: *What do they gain if I say yes?*

Expected Results

- Recognize that laws aren't "protection"—they're a **threat of retaliation** to keep people in line.
- Understand that violence is **always an option (even without a reason)**, whether you like it or not.
- Accept that some people **want you to fail, hurt, or die**—and no, they won't always show it.
- Become someone who understand that **violence and conflict is part of human nature**
- Become proficient in **self-defense**
- Become **more aware** when dangerous situations are approaching

Duration

Till you breathe.

For any feedback, criticism, suggestions, chat:
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