

Will You Be the Victim of a Violent Assault? - Take the Test

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Sample of Content:

Violence is on the increase all over the world. Whenever a city reaches a population of one million people crime and particularly violent crime explodes. How adept are you at avoiding becoming a victim? Take this quick test to find out...

Content:

Violence is on the increase all over the world. Whenever a city reaches a population of one million people crime and particularly violent crime explodes. How adept are you at avoiding becoming a victim?

Below are ten topics. For each topic you will find four descriptions. Choose the description that best describes your attitude. If no description fits your lifestyle precisely just choose the closest one. Make a note of your answer A, B, C or D on a piece of paper so you can refer to it at the end of this article. Remember to be honest with your self-appraisal, otherwise this test will be meaningless for you.

Topic 1 - **AWARENESS:** - How aware are you of your surroundings?

- A - sometimes
- B - often
- C - rarely
- D - always

Topic 2 - **WALKING:** - Describe the general manner with which you walk.

- A - normal gait
- B - slowly or with frequent rests
- C - dawdle along
- D - rapidly with purpose

Topic 3 - **FITNESS:** - Describe your general fitness.

- A - fit with a strong athletic appearance
- B - overweight with little athletic ability
- C - average fitness with normal appearance
- D - infirm - require use of a cane, frame or wheelchair

Topic 4 - **SELF DEFENSE:** - Rate your understanding, knowledge or ability in self defense.

- A - have no knowledge at all about self defense
- B - have attended at least one self defense seminar that required some practical training
- C - have trained for at least six months in a martial art (eg karate, kick boxing, boxing, aikido, ju jitsu)
- D - have read some articles on self defense or a book on it

Topic 5 - **ALCOHOL & DRUGS:** - What is your attitude towards alcohol and drugs.

- A - drink a lot and regularly take drugs
- B - alcohol and mind-altering drugs are a way of life
- C - rarely consume alcohol and never take mind-altering drugs
- D - drink moderately and occasionally dabble in drugs

Topic 6 - **ENVIRONMENT:** - Choose your normal evening environment.

A - go out a bit - mostly to restaurants, movies and friends' homes

B - party person - go out frequently

C - go out occasionally but normally stay home

D - party animal - consider night clubs, bars and saloons the place to be

Topic 7 - **SITUATIONS:** - What is your normal interaction with others on a daily basis?

A - I make rude and offensive comments and gestures when others deserve it

B - I can't help myself - I often involve myself in the business of others

C - I just mind my own business

D - I will intervene if I feel a situation warrants it

Topic 8 - **TRANSPORT:** - What is your normal mode of transport?

A - usually it is my private vehicle

B - I usually catch a train

C - I normally catch a bus

D - taxi is my usual transport

Topic 9 - **MONEY:** - How much money do you normally carry?

A - only plastic cards and a small amount of cash

B - more than \$500 on most occasions

C - up to \$100 usually

D - several hundred dollars

Topic 10 - **DRIVING:** - Choose your normal driving attitude.

A - I always drive safely and show courtesy and patience to other road users

B - Some people just deserve the "fingers up" or a blast of the horn

C - I speed a little, am somewhat impatient and like to toot my horn

D - I regularly chastise others for their stupid mistakes

YOUR SCORECARD:

Mark your answers below and tally up the numbers to give a score.

Topic 1 - A = 7, B = 15, C = 0, D = 20.
Topic 2 - A = 6, B = 3, C = 1, D = 8.
Topic 3 - A = 10, B = 2, C = 6, D = 1.
Topic 4 - A = 1, B = 4, C = 6, D = 2.
Topic 5 - A = 2, B = 0, C = 15, D = 8.
Topic 6 - A = 8, B = 4, C = 10, D = 0.
Topic 7 - A = 0, B = 2, C = 12, D = 10.
Topic 8 - A = 8, B = 1, C = 2, D = 6.
Topic 9 - A = 4, B = 1, C = 3, D = 2.
Topic 10 - A = 7, B = 0, C = 5, D = 2.

Now check your score with the RESULTS TABLE below:

RESULTS TABLE:

85 to 100 - you have an excellent expectation of not becoming a victim.
75 to 84 - your chance of not becoming a victim is very good.
60 to 74 - you have a moderate chance of becoming a victim.
40 to 59 - your chances of becoming a victim are fairly high.
20 to 39 - you need take a look at your lifestyle and improve your personal safety.
5 to 19 - you definitely need to make some radical lifestyle changes NOW.

To learn more about self-defense you can visit the Motivation and Self Esteem website. Go to the "Zen Garden" page, scroll down and click on the articles in "Self-Defense Corner."

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About the author: Gary Simpson is the author of eight books covering a diverse range of subjects such as self esteem, affirmations, self defense, finance and much more. His articles appear all over the web. Gary's email address is budo@iinet.net.au. Click here to go to his [Motivation & Self Esteem for Success](#) website where you can receive his "**Zenspirational Thoughts**" plus an immediate FREE copy of his highly acclaimed, life-changing e-book "**The Power of Choice.**"

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