

# SENTINEL

## FIELD REFERENCE

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Integrated Human Survival Intelligence System

- S** Scan
- E** Evaluate
- N** Neutralize Risk
- T** Track Intent
- I** Influence Outcomes
- N** Navigate Violence
- E** Extract
- L** Leave

# THE OPERATIONAL SEQUENCE

SENTINEL is a sequential operating system. Each layer builds on the one before it. You cannot evaluate what you have not scanned. You cannot neutralize a risk you have not evaluated. You cannot influence what you have not tracked. The sequence is circular: Leave closes the loop back to Scan.

LETTER	FUNCTION	CORE ACTION
S	Scan	Active environmental intake before social engagement. Peripheral vision sweep, entry/exit mapping, baseline read of the space.
E	Evaluate	Assess what your scan revealed. Identify anomalies, measure behavioral baselines, determine threat level vs. normal variance.
N	Neutralize Risk	Reduce identified risks before they escalate. Positioning, distancing, verbal de-escalation, removing yourself from the threat vector.
T	Track Intent	Monitor behavioral indicators of intent. Watch for grooming patterns, pre-attack indicators, shifts in verbal/nonverbal alignment.
I	Influence Outcomes	Shape the interaction. Rapport as a tool, verbal redirection, controlling the frame of the encounter to steer toward safety.
N	Navigate Violence	Understand the social vs. asocial violence distinction. Social violence can be de-escalated. Asocial violence cannot. Know which you face.
E	Extract	Execute your exit. Physical repositioning, social extraction without triggering pursuit, pre-committed exit triggers.
L	Leave	Complete separation from the environment. Post-incident reset, after-action review, documentation. Loop restarts at Scan.

**THE CORE INSIGHT: Rapport-building and threat assessment are the same skill operating in different directions. Reading human intent accurately is one ability applied at different points on the interaction spectrum.**

# THE 8 KNOWLEDGE DOMAINS

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The knowledge domains are the information architecture that supports operational execution. They answer the question: what do you need to know to run the SENTINEL sequence effectively? Each domain maps directly to one or more operational layers.

<b>STATE</b>	Your internal condition. Physiological state, stress level, cognitive load, emotional regulation. If your instrument is compromised, every read you take is unreliable. Check yourself before you check the room.
<b>ENVIRONMENT</b>	The physical space. Exits, obstacles, lighting, terrain, crowd density, sound level, concealment points. The environment is either working for you or against you. Map it before you engage.
<b>NETWORK</b>	The social architecture of the space. Who is with whom? What are the relationships? Who is the leader of the group? Who is isolated? Alliances, hierarchies, and social dynamics determine how a situation will unfold.
<b>TARGET</b>	The specific individual or group of concern. Physical build, emotional state, intoxication level, behavioral baseline. You need a read on who you are dealing with before you decide how to deal with them.
<b>INTENT</b>	What does the person want? What are they trying to achieve? Intent is the single most important variable in human interaction. Every behavior is goal-directed. Read the goal, and you can predict the behavior.
<b>NEXT MOVE</b>	Predictive analysis. Based on everything you have scanned, evaluated, and tracked, what is the most likely next action? What is the second most likely? Pre-commit your response to both.
<b>ENGAGEMENT</b>	Your chosen mode of interaction. Rapport, confrontation, avoidance, de-escalation, compliance. The engagement strategy must match the threat profile. Mismatched engagement escalates risk.
<b>LEARN</b>	After-action integration. What happened, what worked, what failed, and what will you do differently? Every interaction is training data. The system only improves if you close the feedback loop.

**The domains spell S-E-N-T-I-N-E-L. This is not coincidence. Each knowledge domain maps to the operational layer it primarily supports. State supports Scan. Environment supports Evaluate. Network supports Neutralize Risk. And so on through the sequence.**

# RAPID DECISION ARCHITECTURE

## Violence Typology

The single most important distinction in the entire framework. Get this wrong and every downstream decision is compromised.

SOCIAL VIOLENCE	ASOCIAL VIOLENCE
Goal: Status, dominance, ego.	Goal: Destruction. Injury is the objective.
Has rules and rituals (posturing, verbal escalation, audience awareness).	Has no rules. No warning. No negotiation.
Can be de-escalated, redirected, or avoided through rapport and verbal skill.	Cannot be de-escalated. The only response is physical escape or physical defense.
Most interpersonal conflict falls here. Bar fights, road rage, workplace aggression.	Predatory attacks, ambushes, targeted violence with no social motive.
<b>Response: Influence, de-escalate, extract.</b>	<b>Response: Escape immediately. If trapped, commit fully.</b>

## Decision Flow

Under pressure, you do not have time to think through all eight layers sequentially. This compressed decision path is what the full system collapses to when speed matters.

<b>1. CHECK STATE</b>	Am I regulated? Am I in a condition to assess accurately? If not, regulate first (tactical breathing: 4-count in, 4-count hold, 4-count out).
<b>2. SCAN + EVALUATE</b>	What is happening? What is different from baseline? What is the threat level? High, moderate, or normal variance?
<b>3. CLASSIFY</b>	Is this social or asocial? If social: move to Influence. If asocial: move to Extract immediately.
<b>4. TRACK INTENT</b>	What does this person want? Are they escalating or probing? Is their behavior goal-directed or reactive?
<b>5. CHOOSE ENGAGEMENT</b>	Match your response to the classification. De-escalation for social threat. Distance and exit for asocial threat. Never reverse these.
<b>6. EXECUTE EXIT</b>	Pre-committed trigger: if X happens, I do Y. No deliberation in the moment. The decision was already made.

# FIELD TOOLS

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## Scan Tools

**Peripheral Sweep.** On entering any space, use soft-focus vision to take in the full environment before locking onto any single element. Exits, crowd distribution, anomalies. Do this in the first 5 seconds.

**Entry/Exit Mapping.** Identify all exits immediately. Primary, secondary, improvised. Know which one you will use and which one is your backup. This is non-negotiable in every new environment.

**Baseline Read.** Within 30 seconds of entering a space, establish what 'normal' looks like. Noise level, movement patterns, general mood. Deviation from this baseline is your first signal that something has changed.

## Evaluate Tools

**Anomaly Detection.** What does not fit? A person dressed wrong for the setting, a bag left unattended, someone scanning the room the way you are. Anomalies are data. Most people filter them out as noise.

**Behavioral Baseline Comparison.** Compare what you are seeing right now against the baseline you set during Scan. Has the energy shifted? Has someone's body language changed? Baselines are only useful if you keep checking them.

**The 10-Second Read.** When assessing a specific person: hands, eyes, feet. Hands tell you capability. Eyes tell you focus. Feet tell you intent. If the feet are pointed at an exit, they are thinking about leaving. If pointed at you, you have their full attention.

## Track Intent Tools

**Verbal-Nonverbal Alignment.** When words and body language disagree, believe the body. A person saying 'I'm fine' while their jaw is clenched and fists are balled is not fine. Misalignment is your highest-confidence indicator of concealed intent.

**Escalation Indicators.** Pacing increases. Voice pitch rises. Personal space invasion. Repetitive speech (looping on a single theme). Target glancing (looking at a specific spot repeatedly, often the target or the exit). These are pre-violence indicators.

**Grooming Patterns.** In predatory behavior: forced teaming ('we'), charm and unsolicited help, loan-sharking (giving to create obligation), typecasting (mild insults to provoke you into proving them wrong). These are targeting behaviors, not personality traits.

## Influence Tools

Rapport as Safety. Genuine connection is the most effective de-escalation tool. Not scripts. Not techniques. Actual interest in the other person. Ask about something real. Use their name. Match their energy without mirroring aggression.

Frame Control. Whoever controls the frame of the conversation controls the interaction. If someone is escalating, do not match their frame. Introduce a new one. Redirecting attention breaks escalation patterns.

Strategic Positioning. Keep obstacles between you and potential threats. Stand at angles, not face-to-face. Maintain a reactionary gap of at least arm's length plus one step. Position yourself closer to exits than the person you are assessing.

## SELF-REGULATION PROTOCOL

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Your nervous system is the instrument. If the instrument is compromised, every observation, evaluation, and decision it produces is unreliable. Regulation is not optional. It is the prerequisite for everything else in the system.

### Tactical Breathing (Box Breathing)

Inhale for 4 counts. Hold for 4 counts. Exhale for 4 counts. Hold for 4 counts. Repeat. This activates the parasympathetic nervous system and reduces cortisol within 60 seconds. Use before entering any high-stress environment, and during an encounter if you notice your own escalation. You can do this silently, mid-conversation, without anyone noticing.

### Grounding Check

When you feel your state shifting (heart rate up, tunnel vision starting, emotional flooding), run a rapid grounding sequence. Feel your feet on the floor. Feel the weight of your body. Name one thing you can see, one you can hear, one you can feel. This interrupts the amygdala hijack and reconnects your prefrontal cortex to the situation.

### Internal State Check

Before every significant interaction, answer three questions silently: Am I regulated right now? Am I bringing bias or emotional charge into this encounter? Am I physically positioned to act on what I observe? If the answer to any of these is no, regulate first. A dysregulated operator is more dangerous than a skilled adversary.

## PRE-COMMITTED EXIT TRIGGERS

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A pre-committed trigger is a decision you have already made. If X happens, you do Y. No deliberation in the moment. No second-guessing. The decision was made before the situation started. This eliminates hesitation, which is the most common failure point under pressure.

If they produce a weapon	You leave immediately. No negotiation. No assessment of whether they 'really mean it.' Weapon visible = exit now.
If they close distance after a verbal warning	You have lost the verbal option. Reposition to the nearest exit. If the exit is blocked, you are now in an asocial encounter.
If your gut says leave	Trust the signal. Your subconscious has processed information your conscious mind has not caught up to yet. Honor it. You can analyze later. Leave now.
If you notice your own dysregulation	You are no longer a reliable operator. Disengage, create distance, regulate, and only re-engage once your state is recovered.

## AFTER-ACTION PROTOCOL

Every interaction is training data. The system only gets sharper if you close the feedback loop. After any significant encounter, run this sequence while the details are fresh.

1. WHAT HAPPENED	Factual reconstruction. Timeline, behaviors observed, decisions made. No interpretation yet. Just the sequence of events as accurately as you can recall them.
2. WHAT DID I OBSERVE	Which SENTINEL layers did I use effectively? Where did I miss something? What baseline shifts did I catch, and which ones did I miss? Be honest.
3. WHAT DID I FEEL	Track your own physiological and emotional state through the encounter. When did your heart rate spike? When did you feel in control? When did you lose it? This is data about your instrument.
4. WHAT WOULD I CHANGE	Knowing what you know now, what would you do differently? Not in theory. Specifically. One or two concrete changes to your approach, positioning, or engagement strategy.
5. WHAT WILL I PRACTICE	Convert the lesson into a drill. If you missed an environmental detail, practice Scan exercises. If you struggled with regulation, double down on box breathing under simulated stress.

## OPERATING PRINCIPLES

- 01 Awareness is not paranoia. It is professional-grade attention to what is actually happening.
- 02 The interaction spectrum is continuous. Rapport-building and threat assessment are the same skill at different intensities.
- 03 Social violence has rules. Asocial violence does not. Never confuse the two.
- 04 Your nervous system is the instrument. If it is compromised, every read you take is unreliable.

- 05 Pre-commit your decisions. Hesitation under pressure is the most common failure point.
- 06 Every interaction is training data. Close the feedback loop or the system degrades.
- 07 Not wanting violence to happen is not the same as being prepared for it if it does.
- 08 The system is circular. Leave reconnects to Scan. You are never not operating.

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THE SENTINEL FRAMEWORK | Integrated Human Survival Intelligence System | @MrLukeWiltshire