

SENTINEL is an eight-letter operational sequence. Each letter is a distinct capability. The sequence is not decorative — each step builds directly on the one before it. You cannot evaluate what you haven't scanned. You cannot neutralize risks you haven't evaluated. **Work through them in order.**

Important: Do not jump to Navigate Violence (Step 6). It is the chapter most people want to read first. Without the five layers that precede it, studying violence produces overconfident people who pattern-match to training rather than reading the actual situation in front of them.

S

Scan

Step 1 of 8

Active environmental intake before social engagement begins. Not paranoia — professional awareness. Direct your attention outward before you do anything else.

The Science: Cooper's Color Code rehabilitated to its original meaning: mental readiness, not threat levels. Yellow is the default operating state for trained practitioners.

TOOLS

- **60-Second Entry Protocol:** Every new space: identify exits, count occupants, note anomalies — before you touch your phone.
- **Ambient 360:** Peripheral vision training. Never fully face a wall in a public space. Your peripheral vision is more capable than you expect.
- **Baseline Anchor:** In the first minute, establish what normal looks and sounds like here, right now. This becomes your reference for everything that follows.

E

Evaluate

Step 2 of 8

Moving from raw observation to analytical judgment. Scan gives you data; Evaluate gives you meaning. The difference between noticing and understanding.

The Science: Hughes' C5 Process (Change, Context, Clusters, Culture, Checklist) + de Becker's JACA framework (Justification, Alternatives, Consequences, Ability).

TOOLS

- **Baseline Deviation Test:** Is this person's behavior consistent with what this context demands? Deviation is the signal.
- **Cluster Rule:** Never react to a single signal. Wait for three confirming cues from different behavioral channels before upgrading your assessment.
- **JACA Check:** A 4-question internal assessment: Justification, Alternatives, Consequences, Ability. Run it on anyone triggering Orange.

N Neutralize Risk

Step 3 of 8

Proactive threat reduction before a situation escalates. The space between seeing a problem and having to respond to one.

The Science: De Becker's Pre-Incident Indicators + Meloy's pathway model: grievance → planning → probing → attack. Most violence has a visible window.

TOOLS

- **Environmental Re-positioning:** Move before you need to, not after. Change your seat, your route, your distance — without telegraphing it.
- **Exit Pre-commitment:** Before any high-uncertainty situation, identify your exit and mentally set a specific trigger condition for using it.
- **Behavioral Interruption:** Disrupt a potential attacker's OODA loop by acting unexpectedly — not confrontationally. Change direction, make calm eye contact, change pace.

T Track Intent

Step 4 of 8

Longitudinal assessment — reading not just what someone is doing, but where they are going. The difference between a snapshot and a film.

The Science: Meloy's radicalization pathway. Reid Dreeke's trust framework. Hughes' distinction between performed identity and actual state.

TOOLS

- **Trajectory Question:** "If this person's behavior continues on this vector, where does it end?" Follow the direction, not just the moment.
- **Mask Test:** Hughes' diagnostic: What does this person want me to feel about them? What do they want me to notice?
- **Thin-slicing Intent vs. Behavior:** Behavior is what they're doing; intent is why. Separate the two explicitly in your analysis.

I Influence Outcomes

Step 5 of 8

Using behavioral and communication tools to shape situations before force or flight becomes necessary. The intelligence layer — operating proactively, not reactively.

The Science: Dreeke's FBI rapport framework. Hughes' FATE model as both a detection and counter-tool. Bustamante's principle: remove yourself from the starring role.

TOOLS

- **90-Second Rapport Protocol:** Give the conversation an endpoint, match their communication pace, prioritize their need before yours.
- **FATE Detection:** Identify which lever is being used on you — Focus, Authority, Tribe, or Emotion — and name it internally before responding.
- **Strategic Deference:** In ambiguous threat situations, allowing the other person to 'win' the status exchange costs you nothing and buys time and information.

N Navigate Violence

Step 6 of 8

The full violence typology and force continuum. Understanding what type of violence you're facing and selecting the proportionate response.

The Science: MacYoung's four violence types (Territorial, Behavioral Correction, Criminal, Predatory). Larkin's social vs. asocial distinction. Miller's Scaling Force (six levels).

TOOLS

- **The Type Test:** Identify which of the four types you're facing before responding. The correct response to Territorial violence is the opposite of the response to Predatory.
- **Humiliation Warning:** MacYoung: stripping someone's dignity publicly transforms social violence into something far more dangerous. De-escalate without humiliating.
- **Force Continuum Mapping:** Know your current position on Miller's six-level scale and what it takes to justify moving up one level.

E Extract and Escape

Step 7 of 8

The planned exit — physical, social, and relational. Getting out before, during, or after a threat without creating a new one.

The Science: Bustamante's counter-surveillance methods. De Becker's pre-commitment to action thresholds. Cooper's full cycle: Orange → Red → back to White.

TOOLS

- **Pre-Committed Trigger:** Decide in advance what specific behavior will cause you to leave. Removes the hesitation that gets people hurt.
- **Social Exit Protocols:** Leave without creating the social friction that escalates situations. The graceful exit is a tactical skill, not just a social one.
- **Post-Incident Reset:** How to return to Yellow after an event. Prevents hypervigilance from calcifying into chronic threat response.

L Leave

Step 8 of 8

Integration. Turning eight learned skills into one automatic operating state. Not new content — a new way of carrying all of it.

The Science: Stress Inoculation Training (Meichenbaum). Neural habit formation. The gap between conscious competence and unconscious competence.

TOOLS

- **Daily Debrief:** 5 minutes at end of day: one behavioral observation, one anomaly detected, one influence attempt identified.
- **Scenario Stacking:** Mental rehearsal of complete scenarios from Scan through Extract. Builds neural familiarity with the full sequence.
- **Calibration Check:** Periodically ask: what state am I in right now? Consciously choose the appropriate mode — Ambient, Active Assessment, or Response.

The Sequencing Logic

The letters aren't arbitrary. Each one unlocks the next. The system is circular, not linear — L closes the loop back to S.

- **S → E** You can't evaluate what you haven't scanned.
- **E → N** You can't neutralize a risk you haven't evaluated.
- **N → T** You can't track intent without an established behavioral baseline.
- **T → I** You can't influence what you haven't tracked.
- **I → N** Influence is your last non-violent option before Navigate Violence.
- **N → E** You need the typology before you know whether to fight or flee.
- **E → L** Extract completes the response cycle. Leave closes the loop back to Scan.

Quick Reference

S Scan Active environmental intake before social engagement begins.	I Influence Outcomes Using behavioral and communication tools to shape situations before force or flight becomes necessary.
E Evaluate Moving from raw observation to analytical judgment.	N Navigate Violence The full violence typology and force continuum.
N Neutralize Risk Proactive threat reduction before a situation escalates.	E Extract and Escape The planned exit — physical, social, and relational.
T Track Intent Longitudinal assessment — reading not just what someone is doing, but where they are going.	L Leave Integration.