TEN TENETS OF SURVIVAL
Selected by Thomas Kroll from Deep Survival by Laurence Gonzales.

Lesson #1: Analyze risk vs. reward.  Prevent a problem.

Lesson #2: Make a good plan and prepare!  But, adaption is important than sticking to the plan.  Be able to let go of Plan A and move to Plan B.

Lesson #3: The most successful are open to the changing nature of their environment. They are curious to know what’s up.

Lesson #4: Those that survive do not impose pre-existing patterns on new information, but rather allow new information reshape their mental models.

Lesson #5: Update your mental model.  Learn from training and the experience of yourself and others.  Be in the moment!  Pay attention to new information.

Lesson #6: Discard the hope of rescue so that your brain settles down.

Lesson #7: Do the next right thing.  A small thing done right is a good action.

Lesson #8: Be willing to backtrack if you are lost.

Lesson #9: Think of others, not yourself. People survive best when they try to live for others.

Lesson #10: Surrender to reality.  But be positive.  A survivor says:  “I may die.  I’ll probably die.  But I’m going to keep going anyway.”

These tenants are based on the science and psychology of survival.  This list does not include all the preparations a person should make prior to activity.  It is much easier to be positive and adapt Plan B if Plan A included some warm clothes, food, and matches.