

# 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.