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## Welcome to the Forum!

Posted by LauraC - 2008/01/11 22:18

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Thank you for entering the forum! Please feel free to post stories, questions, comments, or any information related to security techniques. Share any valuable tips you have for personal security. Make this an exchange of ideas and a place where we can all help each other stay safe!

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## Re:Welcome to the Forum!

Posted by judi - 2008/01/14 19:05

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Hi! I just wanted to share my story of what happened to me today. I hope it helps someone to become "aware" as I felt I was.

I was shopping at my local supermarket this morning, when something odd happened. I was approached by an average looking man in his 30's. He said to me "I have an odd question, do you know if it will stay this cold all day"?. Now, that may sound like a reasonable question, but let me tell you what I saw and felt. First off, I noticed the man had no shopping basket and was carrying about 5 frozen dinners in his hands. Again, not so strange..yet. The biggest thing was how I felt. I felt an overwhelming urge to get away from this man. I can't say why, just my stomach dropped down and I felt, I don't know...a darkness, is the best way to explain. I didn't shrug it off. I answered the man by looking him directly in the eye and saying "no, I don't know", and I walked away. Here's where it got wierd. I heightened my awareness and noticed the man about 10 minutes later walking through the store...now he had NO groceries at all in his hands...and he saw me in another aisle and paused, looking directly at me. I caught his eye and gave him a hard, matter of fact stare right back. He immediatley turned and went another direction. I still had that strange feeling in the pit of my stomach. It was so overwhelming, I started to go up to speak to the stores Manager. I decided against it. I continued shopping and saw the man again. This time he had a basket with a few items in it. Again, the look from him, and I, again, gave him a look back. As I looked at him I was thinking in my head "back off dude, you don't want this!", hoping he got the message. Again, I kept my awareness heightened and finally saw him go through the checkout lane. Within 5 minutes the bad feeling in my gut lifted, and for some reason I just knew he'd left the store. I still asked for help out with my groceries. I was not going to take that chance that he might be waiting in the parking lot. I can't say strongly enough how my "gut" seemed to be telling me something. So much so, that I actually not only felt physically sick, but was shaking as well. I believe this man meant me, or someone harm. I don't know why, I just did. My only regret is that I did not say something to the Manager, but the reason I hesitated was because, really....what could he have done? Anyway, I just wanted other women to be AWARE. Shopping at 10am at a supermarket can make you just as vulnerable as being out late at a night club.

Thanks for the forum!

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## Re:Welcome to the Forum!

Posted by LauraC - 2008/01/14 21:04

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That's a perfect illustration of how important it is to follow your gut instincts!! You did a great job on listening to and acting on your intuition!

It also is a typical example of how we hesitate to ask for help. We often get caught up in feeling awkward telling someone of our suspicions when they are so rooted in intuitive feelings. I'm glad you did have someone help you out with your groceries--that was very smart. It would have been good too to make sure no car pulled out and followed you as you departed from the parking lot. Since he left the store before you, you would want to be sure he was not setting up in a waiting position until you got into your car and left (that horrible home invasion case in Connecticut last summer all began by the mother and daughter being followed home from the grocery store).

Thanks for sharing your story!! You are right--10am at the supermarket is no assurance that you won't cross paths with a predator. It can happen anywhere, anytime and situational awareness is what gives you that early warning that you can act on and stay safe.

Thanks again and be safe out there!

Laura

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## Re:Welcome to the Forum!

Posted by Thats awesome - 2008/01/15 01:11

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What a good story!

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