

3 Steps to Use Awareness as a Prevention Tool

(To avoid unwanted consequences in life)

In our world which is far from being perfect, sometimes we end up with *unwanted consequences* in life. Here are some if not all of the consequences which we would like to avoid/prevent as much as possible:

- getting sick, hurt or injured
- losing a job
- losing lump sum of money or being robbed
- being a victim of violent attack
- losing an important relationship or an important source of support
- end up being lonely or depressed
- being cheated
- getting into an accident (minor or major)
- failing an important exam/test/interview
- unwanted pregnancy
- becoming obese

In other words, unwittingly and sometimes unexpectedly we end up with types of *Loss, Loneliness and Lacks*. These could be in *tangible and intangible forms* such as:

- ***Sudden or anticipated Losses:*** *Tangible* (Valuables, Money, House, Job) / *Intangible* (Health, Success, Love, Relationships)
- ***Short or long-term Loneliness***
- ***Lacks:*** *Tangible* (Stable income or a Job, Financial Resources, Stable living conditions) or *Intangible* (Partners/Significant Relationships, Social Support/Network)

These types of unwanted outcomes could come as *abrupt* (such as accidents, robbery, loss) or they could be *anticipated* (such as job losses or relationship break ups).

STATISTICS RELATED TO THE PROBLEMS LISTED

According to recent statistics between the years 2018-2020:

Over 5 million individuals in the United States have recorded incidences of theft (United Nations Office on Drug and Crime).

Approximately 15% of the working population have experienced job loss (US Bureau of Labor Statistics).

1 in 10 Americans say they feel lonely or isolated from those around them all or most of the time and **30% reported** feeling dissatisfied with their family and social lives (Pew Research Center Survey Results).

Approximately **20% of Americans** report serious financial strain and a higher percentage with **37% report** being at risk of falling into poverty if they had to forgo 3 months of their income (OECD Better Life Initiative Study Findings).

More than 10% of Adult Women in their late 40s living in Europe and North America report not having been married.

Almost **1 million divorces** have taken place in the United States in 2019 (National Center for Health Statistics).

Almost 10% of Americans report having bad health (or in fair condition) according to OECD Health Status Index.

Approximately **12%** of the American population report feelings of worry, nervousness, anxiety and **5% report** regular feelings of depression (National Center for Health Statistics) with close to **60 million visits** to physician offices with mental and behavioral disorders as the primary diagnosis.

More than **40%** of all Americans have Obesity (Centers for Disease Control and Prevention) and the percentages are similar for the whole world population (World Health Organization Statistics).

Number of medically consulted injury and poisoning episodes in the population: **39.5 million**.

According to WHO statistics, injuries – both unintentional and violence-related – take the lives of **4.4 million people** around the world each year and constitute nearly **8% of all deaths**.

Falls are the **second leading cause of unintentional injury deaths** worldwide.

Each year an estimated **684 000 individuals** die from falls globally.

United States is among those countries with highest ratio of road traffic accidents (app. **10,000 per 1 million population**) (OECD Health Status Index).

According to CDC reports **over 2,800 people were killed** and an estimated **400,000** were injured in crashes involving a distracted driver.

About **1 in 5 of the people** who died in crashes involving a distracted driver in 2018 were not in vehicles—they were walking, riding their bikes, or otherwise outside a vehicle.

According to WHO, deaths from road traffic crashes have increased to **1.35 million a year**. That's nearly **3 700** people dying on the world's roads every day.

SO WHY DO THESE THINGS HAPPEN?

One cannot help but wonder why do these happen to some and not to some others, or why do they happen altogether?

Maybe sort of a luck factor, faith or any type of external force. According to astrology we might be having the planet Saturn at a certain house under our sign for that particular year, month, or a day maybe.

But is it all there is to it and there is nothing we could do to prevent that bad outcome do you think?

We usually do not even question or take into consideration our personal contribution to this outcome as it may seem irrelevant and useless, or even intimidating at times.

However, there is some research evidence that shows that some unwanted consequences such as the ones we have listed above could have been avoided by enhanced awareness. As an example, in a study carried out about the prevention of recurring depressive disorders, Farb et al. (2018) have found that enhanced awareness has significant positive consequences for the individuals concerned. Similarly, mindfulness was found to be a significant influential variable that helped reduce the risk of violence amongst partners (Brem, 2018). In another study, Jones et al. (2003) had found that consciousness-based education has significant impact on the prevention of violence and antisocial behavior. In a study carried out by researchers in Australia (Jong, 2018), it was found that even prevention messages to older adults were influential on adult people's capability and motivation to prevent falls.

As we can clearly see, *awareness could be used as a critical tool to prevent the unwanted*. But how we can use it to serve this purpose needs some work on our part.

As a scientist-practitioner, I have witnessed many outcomes that could be prevented just by making some practical changes in how people could use their awareness as a *prevention tool*. And I've seen it play out beautifully in their lives as long as they have made awareness a part of their regular and dedicated practice.

3 STEPS TO USE AWARENESS AS A PREVENTION TOOL

Here are the 3 steps that could help us to use awareness as a prevention tool:

1. **Making awareness a day-to-day practice.** Here I am not only referring to some awareness enhancement methods such as that of

mindful mediation practice, but any type of *active awareness practice that taps into your mind-body and soul*. Here I am referring to become frequently aware of how you think, feel, and behave including how/what you speak/communicate/do during the day.

2. **Being attentive to warning signals before the event, be it abrupt, or anticipated.** Usually, before any event that occurs, if you are aware and stay in the present moment, you could catch some negative signals internal or external or both that could be revealing some warning messages to you. These could be in your *dreams, your momentary perception of certain stimuli, or any type of sign that you could make use of*. If you ask them people usually would report some signals before a certain event and most people could tell you they almost always felt it was coming especially concerning some anticipated outcomes.
3. **Making conscious decisions that usually ends up preventing the outcome.** If you ask many people, they would definitely tell you at least one decision they could make to prevent the outcome if only they were more aware and attentive and that they could **act on that awareness**. It isn't the fact that they lacked the tools, it is mostly a sort of *awareness block* that prevented them from making an alternative decision which was already available in their minds or in their surrounding environment.

As you can see, most of the time **the problem is not you lacking/needing any more awareness, but actually not knowing how to use it.**

Now, to start using awareness as a prevention tool, please click on the subscription link below (FREE) and start benefiting from our biweekly awareness toolbox that gives you *actionable awareness tools* towards achieving your prevention goals.

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With this subscription FREE of charge, you will also be given access to our Q&A function which allows you to send and receive instant messages

about your prevention goals. By the help of this tool, you will have a chance to receive useful clues as to what your *awareness block* might be related to a certain goal, while you will also be provided with related *awareness tips* so that you can put your *awareness into action*.

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