

# Surviving Gunshot Wounds

*“All things are ready if our minds be so.”*

- ❖ **Don't Panic!**
  - The fact that you are alive to know you are shot is good!
  - A mission, a goal can keep you going.
- ❖ **You can train yourself, condition yourself, to keep going.**
  - Visualize yourself getting hit and continuing to fight.
- ❖ **Tap the Power of adrenaline!**
  - Officer shot perp with a .45, five times before perp dropped.
- ❖ **Later, officer was shot, and said to himself,**  
*“Get up, get up! If he could do it, I can too.”*
- ❖ **Expect:**
  - Dry mouth, sweaty palms, pounding heart.
  - Tissue wounds may not hurt.
  - Bone-hits hurt: but no one dies of broken bones!
  - Blood loss: Body has approximately 1.5 gallons of blood.
    - \*\*You can lose 40% (over ½ gal) without losing consciousness!
- ❖ **Develop NOW the will, *the resolve* to live.**
  - Keep going until after medical help arrives
  - You will probably make it—if alive and stable enough to be transported.
- ❖ **Afterwards: anxiety, anger, flashbacks, nightmares are**
- ❖ **normal.**
  - Remember your breathing to control anxiety.

*“You have never lived until you have almost died. For those who fight for it, life has a flavor the protected will never know.”*