



Spartan Firearms Training Group, LLC

Four Core Vulnerability Factors and How To Fix

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Note: We teach our customers about these four factors in our concealed carry course. Also, see our post about Surveillance Routes ([Effective Tactics for Surveillance Detection](#)).

Here's a framework illustrating **four factors that increase your vulnerability**—each broken down into **definition, why it matters, example, and how to fix**:

PREDICTABILITY

Definition:

When you live by a clock and follow set patterns, people can figure you out.

Why It Matters:

Criminals don't like surprises if they know where you'll be and when, it gives them all the time in the world to set up an ambush.

Example:

Every evening, a woman leaves work at 5:00, heads down the same stairwell, and walks through the same parking garage to her car. Someone watching her for a week knows exactly where to wait.

How To Fix:

- Change things up now and then—routes, parking spots, times.
 - Don't tell the world your routine on social media.
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ACCESSIBILITY

Definition:

It comes down to how easily someone can get close to you. If you're distracted or standing in a bad spot, you've basically left the door wide open. A good rule of thumb is to picture a 30–50 foot bubble around yourself. Anyone who steps into that space deserves your attention. You're not being paranoid—you're just giving yourself time to react.

Why It Matters:

Attackers go for “soft” targets. If you're isolated or tuned out, you've done half their work for them.

Example:

A guy pumping gas late at night has earbuds in and eyes on his phone. He never sees two people walking up from different sides until they're right there.

How To Fix:

- Keep your head up in parking lots, gas stations, and at ATMs.
- Ditch the distractions—no earbuds, no scrolling.
- Pick spots where you can see and move if you need to.

INSUFFICIENT RESOURCES

Definition:

Not enough tools, skills, or readiness to fight back if you have to.

Why It Matters:

People often say, “It's better to carry a gun and never need it than to need one and not have it.” There's truth in that. But carrying isn't enough. If you don't know how to run that gun under stress, you're still vulnerable. And remember—self-defense doesn't always start or end with a firearm. You may have to fight with your hands, your body, and your will. If you haven't built up the strength, skill, and mindset, your choices in that moment shrink to almost nothing.

Example:

Someone buys pepper spray but never practices. When they finally need it, they fumble and lose precious seconds.

How To Fix:

- Carry tools you can actually use and are legal where you live.
- Train until access and use are second nature.
- Stay fit and mentally sharp—your body and mindset are part of your gear.

POOR PLANNING**Definition:**

Going through life without thinking, “What if?”

Why It Matters:

When stress hits, you don’t rise to the occasion—you fall to your level of preparation. If you haven’t thought it through, panic fills the gap.

Example:

A homeowner owns a pistol but has never practiced how to move through the house if someone breaks in. When it happens, they don’t know where to stand, where their family should go, or how to call 911 without exposing themselves.

How To Fix:

- Run through possible scenarios—carjacking, home break-in, street assault.
- Have family codes and meeting spots.
- Practice avoidance and defense so freezing isn’t your only option.

👉 Bottom line: **Predictability, accessibility, lack of resources, and poor planning** are four open doors that make you an easier target. Close those doors, and you’re a harder problem for anyone looking to harm you.