

U.S. Department of Justice  
Federal Bureau of Investigation  
Office of Justice Programs



# Take A.I.M.

is a technique designed to help you mentally prepare to survive a deadly encounter.



**A**wareness

**I**mage

**M**ind-set

**BJA** Bureau of  
Justice Assistance

FOR LAW ENFORCEMENT OFFICERS

# **Why I Take A.I.M.**

**I may not be projecting the image I think I'm projecting.**

**I always hope for the best, but I must be prepared for the worst.**

**I will protect myself, the citizens, and the community I serve.**

**I must survive and go home to my loved ones.**

**Yearly, more than 50,000 law enforcement officers are assaulted in the United States.**

FOR LAW ENFORCEMENT OFFICERS

# Awareness

**I know that I can be assaulted at anytime by anyone.**

**I will remain constantly aware.**

**I will never become complacent.**

**I am responsible for my own safety.**

# Image

**I will project a neat, clean, and professional image.**

**I will maintain good physical condition.**

**I will never drop my guard.**

**I will convey that I am alert, prepared, and a formidable opponent.**

# Mind-set

**I will take my training seriously.**

**I will adhere to safety procedures.**

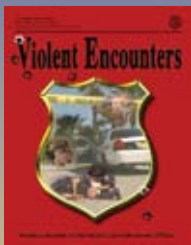
**I will properly search and handcuff.**

**I will use the appropriate amount of force.**

**I will refuse to quit—no matter what.**

FOR LAW ENFORCEMENT OFFICERS

The contents of this booklet are derived from the publication *Violent Encounters: An Analysis of Selected Felonious Assaults on Our Nation's Law Enforcement Officers.*



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**Office of Justice Programs**

Partnerships for Safer Communities

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***Take A.I.M.* and *Violent Encounters* were produced by Anthony Pinizzotto, Edward Davis, and Charles Miller of the FBI.**

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