CHECKLIST OF SOME FACTORS CONTRIBUTING TO POTENTIAL VIOLENCE

This list is not exhaustive, add to it from your own experience and reading.

INTRA-PERSONAL SITUATION AND HISTORY
Repeated loss, sense of loss or threatened loss
People with low frustration tolerance will generally show that quickly
Rules of permission and personal behavior will be broadcast:
"You can't do that to me!" (Parent rule "Don't take that")
"I don't take that from anybody" (tougher version of above)
"Don't say that to her!" (protective Parent says fight for her)
People under severe stress (hidden to you) are prone to violence
Severe Stress has accompanying non-verbal indicators (clenched jaw)
(small-talk will often elicit non-verbal indicators of stress)

INTER-PERSONAL SITUATION AND HISTORY
Repeated loss, sense of loss or threatened loss
People with established relationships often defend each others violence
People will defend others violence out of fear of other consequences
Children will defend parents out of fear of consequences from parents

SOCIAL SITUATION AND HISTORY
Repeated loss, sense of loss or threatened loss
Drugs and alcohol will decrease impulse control and increase escalation
Age 14-26 most prone to acting out - adolescents imitate violent movies
Provocations increase potential for violence
Psychological violence
Name-calling
Invasion of personal space
Physical violence
Touching without verbal authorization
Actual violence
Threat of violence to a significant other

ENVIRONMENTAL SITUATION AND HISTORY
Repeated loss, sense of loss or threatened loss
Wealth vs. poverty is not necessarily a good indication of potential violence
Incest and spousal abuse are often more hidden with more status.
People with nothing to lose have little to hide to protect it.
Status, position, and power will be used to protect status, position &pwr.
Confined spaces contribute to escalation of violence
Noise, confusion, chaos, lack of take charge contribute to violence
(the Child in people will "break-out" when over-loaded enough"

When in doubt about signs and symptoms being exhibited:
GO SLOW - NURTURE - ASK EASY QUESTIONS - NURTURE - BE POLITE - NURTURE

OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT