

## 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.**