

# POTENTIAL FOR VIOLENCE – WARNING SIGNS

---

*Warning signs* are often the subtle things (and sometimes the not so subtle things) we observe or hear before there is a violent or angry confrontation. Many of these subtle warning signs are not overly alarming individually, but collectively, and combined with other factors, they become very concerning.

## More subtle warning signs

- Empathy with others who've committed violence
- Preoccupation with previous incidents of violence
- Giving unsolicited comments about firearms or other weapons
- Talking about what it would be like to die
- Concerning Statements
  - "What's the use of going on?"
  - "This chaos needs to end."
  - "I know how to make people listen."
  - "I have a plan to solve these problems."
  - "You won't have to worry about him much longer"

## More obvious warning signs

- Physical signs (e.g. red face, clenched fists or jaw, rapid breathing, trembling, dilated pupils)
- Heightened anxiety/hyper-vigilance (e.g. pacing, restless behaviour, repetitive movements, excessive sweating)
- Physical intimidation (e.g. slamming doors, pounding tables, making threatening movements)
- Verbal intimidation (e.g. swearing, sneering, taunting or raising their voice)
- Threatening (i.e. verbal threats of physical assault)