

ATTRIBUTES OF AN AGGRESSOR

The following risk factors can help you be better prepared in dealing with a potentially violent confrontation. Review these attributes in context of knowing that just because someone has one or more of these attributes does not mean they will be violent.

The Potential Personal Attributes of the Aggressor

- **History of violence**: Is the aggressor known to have used violence in the past.
- **Anger Issues**: Is the person easily angered? Do they act out aggressively when angered – e.g. hitting walls.
- **Prior triggering events**: Are there events or situations that could be triggering pain or rage in the aggressor?
- **Social Isolation**: Has the aggressor been known to be a loner, or have they suddenly become more so.
- **Obsession**: Has the aggressor had an unhealthy romantic obsession with individuals in the past? Is there an overwhelming obsession with weapons or a paramilitary group? Do they hold a grudge against a co-worker?
- **History of drug or alcohol abuse**: Is the aggressor intoxicated or high? Does the aggressor have a history of drug or alcohol abuse?
- **Negative Personality Characteristics**: Does the individual exhibit low self-worth issues? Is the constantly person suspicious of others? Does the person feel victimized? Does the person blame others for his or her mistakes or problems?
- **Mental Illness**: Do you know if the individual has a mental illness that causes them not to think clearly sometimes. E.g. schizophrenia, bi-polar, anti-social personality disorder.
- **Physical Illness**: Does the individual have an illness which keeps them from communicating their needs? i.e. Alzheimer's, Dementia.
- **Marked change in behaviour**: Irrational beliefs and ideas, belief system has changed.