



Cues to Violence

Although it may sometimes seem like violence comes 'out of the blue,' it rarely does. There is usually a progression of behavior leading up to the violence, and a pattern of physical, behavioral, thinking and feeling cues. These warning signs, or 'cues' to violence, can be recognized by both abusive people and their partners with practice. If a person who has been abusive in the past can recognize his or her early cues to violence, he or she can take responsibility for his or her behavior before it escalates to violence. If the abused partner can recognize the cues, he or she may be able to enact a safety plan sooner in order to avert the violence.

WHAT HAPPENS BEFORE THE VIOLENCE?		
Mine	BEHAVIORAL CUES	My Partner's
Mine	PHYSICAL CUES	My Partner's
MY THOUGHTS AND FEELINGS		

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