



## STRESSORS

Significant setbacks, losses, and other life challenges that may be acute (e.g., romantic breakups) or chronic (e.g., ongoing medical conditions). Stressors can be experienced across several life domains, including family/romantic relationships, social interactions, work or school environments, personal health, legal actions, and other identified areas. Specific examples include being bullied or harassed by others, financial instability, job loss, divorce or child custody issues, and failed life aspirations.

## HOME LIFE

Family dynamics or home environments that negatively impact an individual, including family discord, abuse, drug use, criminality, domestic violence, mental/physical health concerns, death, and dissolution of relationships. Conversely, positive home life factors may include supportive families, healthy relationships, and other dynamics that could support intervention strategies to mitigate risk.

## MENTAL HEALTH

Current or previous history of mental health symptoms that negatively impact the individual, particularly when left untreated, including paranoia, delusions, hallucinations, depression, and suicidality. Mental health history may or may not include prior formal diagnoses, hospitalizations, and treatment (e.g., prescription medication).

## CRIMINAL HISTORY

A history of criminal behaviors identified in formal records, including arrests, convictions, and other legal actions. Criminal history may also include other criminal behavior and contacts with law enforcement and the courts that have not resulted in official legal actions. Criminal behavior outside of formal records may be identified during the assessment through interviews with family, friends, coworkers, classmates, and others familiar with the individual.

## INTERPERSONAL DIFFICULTIES

A pattern of strained or conflicted relationships with family members, romantic partners, friends, coworkers, classmates, neighbors, or other members of the community. Interpersonal difficulties may include an inability to form or sustain positive relationships with others due to the individual's inappropriate or concerning behaviors.

## LACK OF CONSEQUENCES

A pattern of engaging in criminal or inappropriate behavior for which the consequences were either absent or not commensurate with the behavior. Examples of past behaviors that may not have received appropriate consequences could include threatening communications, domestic violence, physical/sexual assaults, inappropriate touching of others, stalking, and harassment.

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## CONCERNING OR THREATENING COMMUNICATIONS

Any violent, threatening, or disturbing communications which may be conveyed verbally (e.g., in-person or via phone), in writing (e.g., journals or drawings), electronically (e.g., text messages or emails), online (e.g., websites, blogs, or social media), or by other means. The content of the concerning communications may reveal information on threats, grievances, violent intention, feelings of hopelessness/suicidality, obsessions, paranoid thinking, or a fascination with violence or weapons.

## INTEREST IN VIOLENT TOPICS

An unusual or excessive interest in weapons, violence, gore, prior attacks, notorious killers, or other concerning topics. Fascination with weapons and violence can be demonstrated in a variety of ways, including stockpiling or manufacturing weapons, being described as obsessed with weapons, consuming or producing violent or graphic media, and writing stories or lyrics indicating a desire to harm others. Particular concern should arise if the individual demonstrates an idolization of or desire to emulate past attackers.

## HISTORY OF VIOLENCE

Prior acts of physical violence against people, animals, or property that may appear in criminal records or may be observed or experienced by others, including physical and sexual assaults, domestic/family violence, animal cruelty, aggressively menacing behaviors, or arsons. A history of violence may reveal signs of an escalation in aggressive behavior, for example, moving from property crimes to crimes against persons.

## STALKING, HARASSING, OR BULLYING

A pattern of conduct that willfully and maliciously causes another to feel bullied, stalked, persecuted, threatened, injured, or attacked. The victim of this behavior may or may not have a pre-existing relationship with the individual of concern. Examples of victims with a pre-existing relationship to the individual include romantic partners, family members, coworkers, classmates, or neighbors, while those without a prior relationship may include elected officials, government employees, or celebrities.

## EXTREME BELIEFS

Extreme ideological, political, or conspiratorial beliefs that advocate hate or violence, form the basis of an individual's worldview or significantly influence an individual's daily life. Extreme beliefs may be based on distortion of facts (e.g., conspiracy theories) or may advocate distrust, hatred, or the use of violence targeting others based on biases against a particular race, religion, national origin, sexual orientation, gender, or gender identity.

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## FIXATIONS

An intense or obsessive preoccupation with a person, event, activity, or belief to the point where it negatively impacts aspects of an individual's life. Fixations often carry an angry or emotional undertone and may be evidenced through an individual's extreme beliefs, grievances, interest in violence or weapons, and stalking or harassing behaviors.

## BEHAVIOR CHANGES

Changes in behavior observable to others, including notable shifts in mental, social, occupational, physical, or interpersonal functioning. This may be evidenced through changes in mood, appearance, or hygiene; withdrawing or isolating from others; new or increased substance use; sudden aggressive, violent, or threatening behavior; changes in work or school attendance or performance; signs of depression or paranoia; or other uncharacteristic actions that demonstrate a distinct change from an individual's baseline behavior.

## DESPERATION OR DESPAIR

Feeling hopeless, despondent, desperate, or out of options. An individual's inability to perceive an improvement in their situation may lead to feelings of extreme distress, depression, frustration, and the perception that violence is the only option to cope with their circumstances.

## INTENSE ANGER OR AGGRESSION

A pattern of intense or escalating anger or aggression that is observed through the individual's behavior, communication, or reported feelings. This may be marked by impulsive angry outbursts, significant overreaction to circumstances or events, or frequent episodes of verbal or physical aggression directed at others.

## INCONSISTENCY

Evidence of unusual inconsistencies in an individual's communications and behaviors that may occur across the various community systems in their lives, including how they behave at work, home, school, or in social or romantic contexts. When inconsistencies are found, these may be indicative of efforts to conceal violent intentions or behavior.

## PLANNING AND FINAL ACTS

Specific steps taken to prepare to carry out an act of violence, including researching, visiting, or following potential targets; researching, manufacturing, acquiring, or practicing with weapons; documenting preparations for an attack through hit lists, to-do lists, maps, or manifestos; researching prior attacks and tactics; developing attack plans; researching logistical concerns; or using deceptive practices to hide activities. Individuals may also engage in final acts intended to make a statement or to prepare for their inevitable arrest or death. These acts may include drafting a last will and testament, making financial arrangements for family members, leaving farewell messages or notes, posting goodbye messages online, and selling or giving away personal possessions.

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## **MOTIVE**

The reason(s) why the individual engaged in the behavior that elicited concern or brought them to the attention of law enforcement. Motive also includes assessing the reasons that may drive an individual to carry out an act of violence. Motives may be multifaceted and include retaliating for grievances or perceived wrongs (e.g., bullying, failed romantic relationships, or workplace issues); furthering ideological, bias-related, or political beliefs; acting in response to psychotic symptoms; having a desire to kill; achieving fame or notoriety; or committing suicide-by-cop.

## **ELICITED CONCERN IN OTHERS**

The individual's behaviors or communications have caused fear, alarm, worry, or distress in those who observed them. Particular attention should be paid to whether others are in fear for their safety as a result of the individual's behavior. Family members, friends, coworkers, neighbors, law enforcement, mental health professionals, and others may have been concerned about an individual's demeanor, mental wellbeing, threatening or disturbing communications, harassing or other violent behavior, obsession with weapons or violent topics, isolating or withdrawing from others, substance use or abuse, or other concerning behaviors.

## **ACCESS TO WEAPONS**

Current or future ability to access weapons that could be used to cause harm, including firearms, bladed weapons, explosives, chemicals, or poisons. Access to weapons may include those that are readily available to the individual in their home, whether secured or unsecured, as well as those accessible in the homes of relatives or friends.