

The following chart provides examples of questions to ask related to the important elements of safety:

THE FOUR A'S OF SAFETY

	AWARENESS What information do I have?	ASSESSMENT Am I in danger? Do I feel threatened?	ANTICIPATION What is most likely to happen next?	ACTION What do I need to do?
SELF	<ul style="list-style-type: none"> • What do I know about myself? • What are my own strengths and weaknesses? • What triggers me? • What is the limit of my patience? • Do I need help? 	<ul style="list-style-type: none"> • What am I thinking and feeling? • What is my mood? • Am I already triggered? • Am I furthering the situation by my words/behaviors? 	<ul style="list-style-type: none"> • Are my attitudes, biases, and stereotypes creating more tension? • Can I reduce my risk? 	<ul style="list-style-type: none"> • Do I intervene, call the police, wait for more information, or leave?
OTHERS	<ul style="list-style-type: none"> • What do I know about the person(s)? • What am I hearing and seeing? • Are there people present who escalate danger? 	<ul style="list-style-type: none"> • What emotional state is the person in—positive, negative, or agitated? • Is the person under the influence of drugs or alcohol? • Does the person have mental illness? 	<ul style="list-style-type: none"> • If behavior is negative or dangerous, can it or will it diminish? • Can I reduce my risk? 	<ul style="list-style-type: none"> • Do I intervene, call police, wait for more information, or leave?
ENVIRONMENT /CONTEXT	<ul style="list-style-type: none"> • What do I know about the environment? • What am I observing? • What resources are available to me? 	<ul style="list-style-type: none"> • Am I physically trapped? • Are my options limited? • Am I physically threatened? • Do I sense danger? 	<ul style="list-style-type: none"> • If danger exists, can I leave if necessary? • Are my choices becoming fewer? • Is my risk of danger increasing? 	<ul style="list-style-type: none"> • Do I need to rearrange my current environment or move to a different environment?
POLICY	<ul style="list-style-type: none"> • What are the policies/laws that protect and support me? • What are the professional expectations of conduct? 	<ul style="list-style-type: none"> • What are the policies/laws that protect and support me? 	<ul style="list-style-type: none"> • Will my actions protect me legally? • Can I expect to be supported? 	<ul style="list-style-type: none"> • Are my actions logical, reasonable, and necessary?