

# Responding to the Mistaken Assessment of Danger

## Avoiding the self-fulfilling conflict prophecy



- Mistaken assessment of danger is a self-fulfilling prophecy usually driven by someone feeling defensive and that they lack power in a situation.
- They are expecting an unpleasant response so they may act combatively.
- If you respond defensively/combatively, then their fears are confirmed and their behaviour justified.

### Instead:



**Respond and empathise. Use facilitative questions and reactions. Pay attention to the responses and ask follow-ups.**

- ❖ Help me understand why this is important to you.
- ❖ What happened?
- ❖ What about the incident has upset you the most?
- ❖ What is the most important thing for you in solving this problem?
- ❖ What would you like to see happen now?

**The other person will feel respected, are less likely to remain**

**How can you avoid the mistaken assessment of danger in these scenarios?**

You clearly don't know what you're doing and you're making my life miserable!

You are the reason I am so unhappy.

You have no say over my money. No say. I think you're stealing from me!

Why won't you let me drive my car after Tuesday night drinks! You're taking away my rights. You're abusing me!

You're the reason I'm in this place. I moved here for your convenience, not mine.