

10 Principles of Verbal De-escalation

1. Respect the **personal space** of the individual; do not get uncomfortably close or block exits.
2. Do not be provocative or respond in anger, be in **control** and measured.
3. Establish verbal contact **calmly** with the individual.
4. Be **concise** and speak in short, easy to understand sentences or phrases. Repeat yourself often.
5. **Listen** closely to what the person is saying.
6. Identify the individual's **wants and feelings** and try to accommodate reasonable requests.
7. **Agree** or agree to disagree with the person's concerns, while avoiding negative statements.
8. Set **clear limits** with expected outcomes, but do not make demands or order specific behavior.
9. Offer **choices** and optimism.
10. Afterwards, **review** the event and look for areas of improvement.



BODY LANGUAGE

- Relaxed facial expression
- Speak softly
- Arms uncrossed, hands open
- Knees bent
- 2x arm's length distance



YOU MIGHT SAY...

"No harm will come to you."

"I will help you regain control."

"I am here to help, not to hurt."

"This is a safe place."



DO THEY WANT...

Something to eat or drink?

A quiet place to go?

A chance to talk about things?