

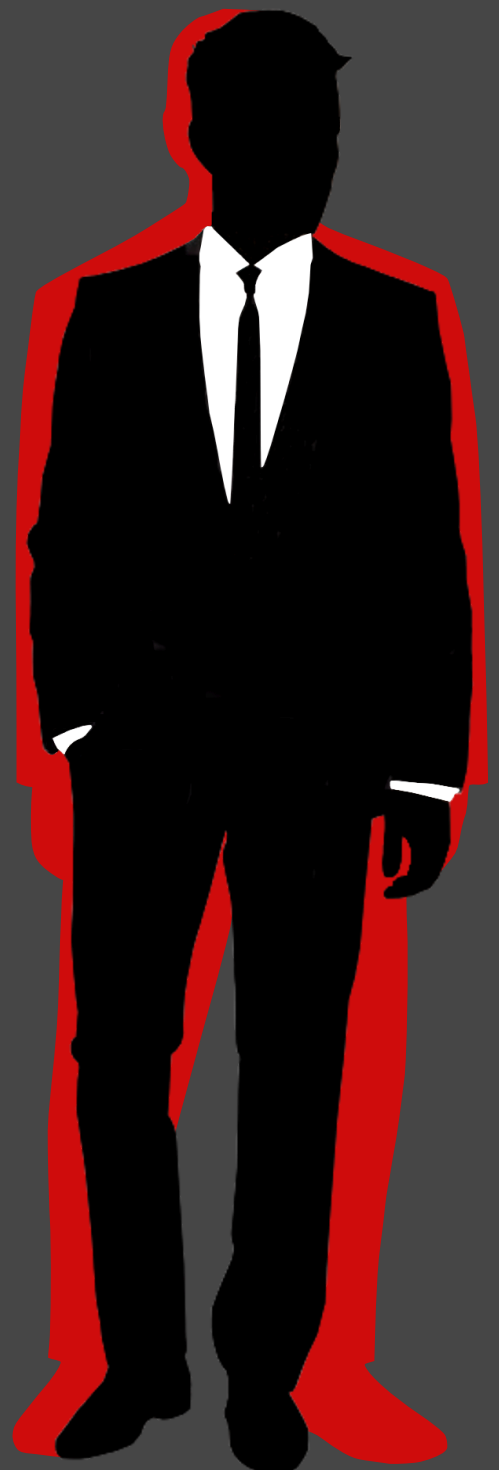
# 5 **RED** FLAGS OF AGGRESSIVE BEHAVIOR

***How to Spot Danger  
Before It Escalates***

SEE WHAT OTHERS MISS

*Learn to use body  
language and  
behavioral cues to  
spot early warning  
signs of aggressive  
behaviors.*

BY BRANDON ROBERSON



# W E L C O M E

Aggression rarely comes out of nowhere—there are always warning signs. Whether you're a school administrator, law enforcement officer, corporate leader, or security professional, the ability to detect early indicators of aggression can mean the difference between prevention and crisis.

In this guide, you'll learn the five key red flags of aggressive behavior so you can identify potential threats before they escalate.

*Brandon Roberson*

## OUR MISSION

Our mission is to equip professionals with the skills to detect aggression, enhance leadership presence, and improve communication through nonverbal intelligence.



# Red Flag #1

## ***Sudden Changes in Body Language***

Aggression often manifests physically before it becomes verbal or violent. Watch for:

- Clenching fists or jaw – A sign of tension and suppressed anger.
- Expanding posture – Puffing up the chest, standing taller, or widening stance to appear dominant.
- Invasive movements – Stepping into someone's personal space or making exaggerated gestures.



### **WHAT TO DO:**

IF YOU SEE THESE CUES, STAY ALERT.  
MAINTAIN A SAFE DISTANCE AND AVOID  
ESCALATING THE SITUATION FURTHER.

# Red Flag #2

## ***Intense Eye Contact or Avoidance***

Eyes reveal a lot about a person's emotional state. Be aware of:

- Hard staring or prolonged eye contact – A sign of intimidation or predatory aggression.
- Rapid darting eyes – Can indicate nervousness, looking for an exit, or planning an attack.
- Sudden eye contact avoidance – Often seen when someone is hiding hostile intent or planning a sudden movement.



### **WHAT TO DO:**

RECOGNIZE EYE BEHAVIOR SHIFTS,  
ESPECIALLY WHEN PAIRED WITH OTHER RED  
FLAGS. STAY AWARE OF YOUR  
SURROUNDINGS

# Red Flag #3

## ***Verbal Escalation & Tone Changes***

Aggression is often telegraphed through speech patterns. Listen for:

- Rising volume and pitch – A person's voice becoming louder and higher can signal frustration and impending aggression.
- Threatening language – Direct or indirect threats, even vague ones, should never be ignored.
- Abrupt silence – A sudden stop in talking after a heated exchange can indicate a shift toward action.



### **WHAT TO DO:**

DE-ESCALATE WHERE POSSIBLE—SPEAK CALMLY, ACKNOWLEDGE EMOTIONS, AND CREATE SPACE TO REDUCE TENSION.

# Red Flag #4

## ***Increased Agitation & Pacing***

A person on the verge of aggression may struggle to stay still. Look for:

- Pacing back and forth – A sign of internal turmoil or an attempt to psych themselves up.
- Rapid, shallow breathing – A physiological response to heightened adrenaline.
- Fidgeting with objects – Gripping or playing with items in a tense manner, which can escalate to weaponizing them.



### **WHAT TO DO:**

MAINTAIN AN EXIT ROUTE, AVOID SUDDEN MOVEMENTS, AND BE PREPARED TO REACT IF NEEDED.

# Red Flag #5

## ***Target Glancing & Pre-Attack Indicators***

Before an aggressive action, individuals often exhibit subconscious “pre-attack” behaviors, such as:

- Glancing at a target area – Looking at your face, chest, or hands before striking.
- Checking the surroundings – Looking for witnesses, escape routes, or law enforcement.
- Adjusting clothing – Rolling up sleeves, removing a jacket, or repositioning their stance for action.



### **WHAT TO DO:**

IF YOU NOTICE THESE SIGNS, TRUST YOUR  
INSTINCTS AND TAKE DEFENSIVE ACTION.  
REMOVE YOURSELF FROM THE SITUATION IF  
POSSIBLE.

# FINAL THOUGHTS: TRUST YOUR OBSERVATIONS

Recognizing these red flags doesn't mean assuming aggression in everyone—but it does mean being prepared when patterns of behavior suggest an escalating threat.

- Stay aware, not paranoid.
- Observe clusters of behaviors rather than single cues.
- Take early action—de-escalation is most effective before aggression peaks.

## Want to Learn More?

I specialize in aggression detection, body language analysis, and observational leadership training for professionals.

 **Let's Talk → [broberson@robersonsolutions.com](mailto:broberson@robersonsolutions.com)**  
**Stay safe. Stay aware. See what others miss.**

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