

[Home](#)[DarkFox: Education](#)[DarkFox: Workplace](#)[Case Example](#)[Resources](#)[DarkFoxDen](#)[+ Demographics](#)[+ Environment](#)[+ Violence Risk Assessment](#)[+ Threat Assessment](#)[+ Suicide Assessment](#)

## RESUBMIT FOR REPORT

[Skulks](#)

### - Your Responses

Birth year: Not entered

Gender: Man

Veteran: Unsure

Assessment data sources: teachers, counseling records, observations relayed to police or the CARE team, direct observations, police report, open-source intelligence (OSINT)

Difficulties/loss within the last 1-2 months: financial distress

Current challenges: future financial stresses likely worsening

#### Violence Risk Assessment:

Alone: 1	Catalyst:	Free Fall: 1	Hopeless: 1
Aggrieved: 1	Vengeance:	Incel:	Costuming:
Sadist:	Research:	Checklist:	Objectification: 1
Consumed: 2	Irrational: 2	Encouragers:	Teased:
Defiant: 2	Impulsive: 2	Weapons Interest: 2	Weapons Acquisition: 2

#### Threat Assessment:

Direct:	Lethality: 3	Time:	Leakage: 1
Location:	Organization: 1	Tone: 1	Rhetoric: 1
Planning:	Penetration:	Approach:	Blaze:

#### Suicide Assessment:

Statement:	Treatment:	Self-injury:	Self-concept: 1
Eat:	Sleep:	Substances:	Attempts:

### - Summary

It is difficult for them to connect to others, make friends, and they find little progress in their efforts to change. Life is not progressing how they would like. They often experience sadness and isolation, and their supports are beginning to fail (family, friends, work). Loneliness and sadness are common experiences. This leads to an uncertainty about the future and difficulty focusing on daily tasks. Negative feelings about their looks make it hard to fit in, develop friendships, and leads to feeling like an outsider at times.

Frequent odd and/or intrusive thoughts create a panic and worry and a negative impact with their friends, school, work, and/or family. Others are perceived as having wronged them, leading them to blame others for their troubles. This creates an inability to maintain a balanced perspective on

many issues. A singular thought becomes all encompassing, leading to an inability to be redirected or focused. This impacts their grades, work, and/or relationships as they rant about their ideas. A lack of empathy and consideration for others makes it difficult to maintain lasting friendships as well as work/school relationships.

There has been some recent financial stress that has the potential to impact work and school performance. This could increase stress, lower self-concept, and foster feelings of being trapped and/or hopeless about the future. Financial difficulties may also exacerbate frustration and anger. Upcoming financial concerns may contribute to feelings of stress, hopelessness, failure, and low self-concept.

There is a negative view of self-related to looks, an outsider status, and/or a lack of friends. This leads them to talk and post online more about sadness. Negative self-concept increases the overall risk of suicide. While loneliness and sadness are common experiences, they do increase the risk of suicidal thoughts. They may also impact their ability to make friends and increase supports and protective factors. Impulsive acting out continues to escalate and worsen, with difficulty focusing at school or work and numerous conflicts occurring. The combination of impulsivity, an increased isolation, and a negative view of the future increases the risk of suicide. Suicide risk is increased with access to firearms. They have access to multiple weapons in their home.

Weapons are a focus of their curiosity and they intensely research guns online, focusing on what weapons were used in various shootings, and have plans to save up for a rifle or gun on their own. Blame is placed on other people who are perceived as having wronged them. They are unable to take a balanced perspective in most conversations.

Various weapons have been purchased along with optics, tactical gear, ammunition, and carrying equipment. There is an excitement to acquiring weapons that accompanies a feeling of power and accomplishment.

Threats made lack a narrow focus, logic, or clarity. These transient threats are often driven by mental illness and intended to harass or get a reaction from many different people. There is access to multiple firearms and the knowledge of tactics and logistics that increases the overall lethality of a potential attack. The threatener has practiced to increase lethality. There have been limited and/or vague comments about the threatener's frustrations, sadness, and/or injustices experienced. In the comment/threat there is no specific time, place, target, or method mentioned for an attack. The threat is vague but includes an angry and frustrated quality. The threat is designed to intimidate and includes themes of sadness, injustice, and pain expressed in the characteristics of the threat. Any threats in the writing are vague and likely part of a fiction story, satirical work, or a journal/blog. While the writing may be jarring, it is primarily used to express the author's pain and there is little tie to reality and threats are transient in nature. They are actively considering suicide and likely have a plan, location, means, and time. Their willingness to die significantly elevates the dangerousness of any threat made.

## - Vulnerability

## MODERATE

VULNERABILITY brings together ALONE (moderate), FREE FALL (moderate), HOPELESS (moderate), TEASED (low), and SELF-CONCEPT (moderate). It represents an overall potential for isolation and vulnerability to considering suicide or violence to others. Overall vulnerability makes it more likely for the person to act out without regard to social pressures to conform, as they already perceive a high degree of negative emotion and punishment. As there is little hope for a better future, they consider more extreme action as they have little to lose.

## Interventions

- Given their difficulty connecting with others and making friends, efforts should be made to help them connect to groups such as an athletic team, running club, book club, gym, martial arts, a club around a hobby interest, trivia night, religious study, or social justice group.
- As change creates a sense of uncertainty and fear about the future, it is important to support and praise early steps in the right direction and discuss ways to help them overcome obstacles.
- Identifying ways to strengthen existing resources and looking for additional supports to their change would help address the sadness and isolation they are experiencing.
- Offer encouragement to help them appreciate that it will not always be like this in their life and the future is full of opportunities to change and adjust their behaviors to be more successful.

## - Negative Thoughts

## HIGH

NEGATIVE THOUGHTS brings together IRRATIONAL (high), AGGRIEVED (moderate), CONSUMED (high), OBJECTIFIED (moderate), INCEL (low). It represents an overall potential for a pessimistic and negative view of others and who is to blame for their difficulties in life. These obsessional, clouded, and misguided ways of seeing others contribute to the motivation for targeted violence. As they are seen as increasingly distant from others but with successful progression in their grades, work performance and/or relationships, there are few remaining reasons to conform with societal norms.

## Interventions

- Given their tendency to assign blame quickly to others and become overwhelmed with intense feelings related to real or perceived injustices and mistreatment, encouraging them to talk calmly and without judgement or defensiveness about their thoughts may help them feel less combative and challenged. This could occur in counseling, group therapy, or supportive activities like sports, trivia night, book club, martial arts, religious or social justice organizations, hobbies, or clubs.
- There is a concern around a perceived loss of control, panic, and worry about what is happening around them. There should be a focus on assisting them to calmly and rationally assess their options for support. They will likely require assistance with connecting to additional support resources such as counseling or medical appointments.
- Odd or intrusive thoughts, delusions, and worry occupy an increasingly large part of their experience. A referral to a primary care doctor, counselor, or psychiatrist is warranted. The referral should be made along with efforts to ensure the appointment occurs. This means addressing obstacles such as finances, transportation, and stigma about receiving care.
- A growing lack of empathy toward others and the escalation to a 'me vs. the world' philosophy should be countered with opportunities to share and be understood, as well as listening to others and understanding. They will likely be entrenched in this viewpoint and reluctant to consider change.
- Social isolation will likely escalate if they continue to rant and blame others for their problems. This may occur with women due to a lack of dating opportunities as well as with classmates, work colleagues, family, and friends. Help them explore how their current behavior is leading to unwanted outcomes in their life. This development of discrepancy between their behavior and its outcome is also taught through motivational interviewing, a therapeutic approach to working with stuck or difficult people.

- Grades, work, family, and friendships are suffering because of the way they are interacting with others. While difficult, a referral to therapy or conversations with a mentor, coach, religious leader, sponsor, or trusted person may help return them to a balanced perspective.

## - Environmental Stressors MODERATE

ENVIRONMENTAL brings together their experience with difficulties, loss, and current challenges in life. The loss of key supports, changes in employment or school status, financial, or legal difficulties, and chronic experiences of teasing and bullying each contribute to weakened resiliency and an inability to remain positive and hopeful about the future. While rarely causal to suicide or targeted violence, the combination of recent losses with growing stressors creates less resistance in a person's life when they are considering suicide or violence to others.

### Interventions

- As they struggle to adjust to current financial distress, a trusted adult and/or school counselor or work EAP professional may be helpful in developing a budget plan and/or financial strategies to address the current problems and set expectations for future financial success. Advice could also be provided on alternatives to allowing stress, anger, and frustrations to translate into negative actions.
- Given the nature of upcoming financial challenges, helping them plan ways to better manage their finances and develop a plan to save for unseen events could improve their stress and feelings of despair and hopelessness. This could be accomplished through a referral to a financial planner and/or accessing some services that may be available at a school, college or through an employee assistance program.

## - Suicidality EXTREME

SUICIDALITY brings together STATEMENT (low), EAT (low), SLEEP (low), TREATMENT (low), SELF-INJURY (low), SUBSTANCES (low), SELF-CONCEPT (moderate), ATTEMPTS (low), HOPELESS (moderate), IMPULSIVE (high), WEAPONS ACQUISITION (high) and VETERAN STATUS (unsure). Suicide is best understood as an idea to action process, where thoughts and ideas such as disappearing, feeling trapped, and wanting to die lead to suicide attempts, self-injury, skipping medication, and inpatient hospitalization. Additional changes to eating and sleep can further increase the risk of suicide as can previous attempts and self-injury. Substance use can dull emotions or escalate suicide risk due to an increase in impulsivity, particularly if they have access to weapons. Suicidality and hopelessness are some of the highest risk factors for targeted violence as the person has lost all social regulation for their behavior and any hope of a positive outcome for their future.

### Interventions

- There is a sense of isolation and negative self-concept and they may experience teasing and a lack of friends. While they may be resistant to positive comments and praise, there should be an encouragement of hope that things will improve. A referral to the school guidance office, outpatient therapy, or talking with a trusted adult if they are reluctant to engage in therapeutic support.
- Hopelessness in the form of loneliness and sadness can be a contributing factor to more extreme action. Helping them talk about what increases these feelings, identifying triggers that make their feelings worse and what helps them feel more connected and optimistic about a positive future is recommended. This can be accomplished through a conversation with a supportive adult, school, or work staff.
- Impulsive behaviors often occur when they are triggered by an outside event or when they experience frustration or anger they cannot control. Talk with them about alternative strategies when they encounter something they cannot change or that annoys them. Reducing impulsive action is best achieved through identifying the triggering event, adjusting their belief about what they are experiencing, and selecting an alternative behavior. This can be accomplished through talking with a trusted adult, school counselor, work supervisor, colleague, human resources, or the EAP.
- Given the direct access to firearms in the home, efforts should be immediately taken through means restriction. When weapons access is paired with other suicidal risk factors, such as previous attempts, impulsivity, hopelessness, and self-injury, the risk of suicide or other extreme action rises considerably. If other suicide risk factors are present, take immediate steps to limit or remove weapons from the home, encourage parents to change the safe combination, or set up additional challenges to access.

## - Attack Preparation MODERATE

ATTACK PREPARATION brings together WEAPONS INTEREST (high), RESEARCH (low), PLANNING (low), AGGRIEVED (moderate), ENCOURAGERS (low), COSTUMING (low) and VETERAN STATUS (unsure). A target is being considered and they have begun researching, planning, and considering different weapons to be used in the attack. The injustices and grievances they have endured drive them forward with the plan and they are encouraged by others (often in online groups) to escalate the attack plan. The preparation often offers some emotional release and feeling of calm as they struggle with isolation, frustration, and hopelessness about life.

### Interventions

- Interest in weapons and studying past attacks should be explored to better understand the motivation for these interests. Consider an open-source intelligence review to determine if there are concerning social media posts. A coordinated response with the school, college, or workplace BIT/CARE and/or threat team would be advised.
- Given the increased blame on others, further exploration on the presence of other preparation behaviors such as research, weapons interest, planning, encouragers, or costuming should be considered. The presence of injustice or grievance collecting is a concern the same way a flame is a concern. When paired with fuel, such as the other preparation behaviors, the risk escalates quickly. Conversations should occur with school authorities, parents, work supervisors, and/or human resources. Consider an open-source intelligence review to determine if there are concerning social media posts. A coordinated response with the school, college, or workplace BIT/CARE and/or threat team would be advised.

## - Attack Approach MODERATE

ATTACK APPROACH brings together WEAPONS ACQUISITION (high), CATALYST (low), CHECKLIST (low), PENETRATION (low), APPROACH (low), SADIST (low), VENGEANCE (low) and VETERAN STATUS (unsure). Approach behaviors are those that occur prior to an attack and can be seen as the physical acting out of preparations. Weapons are selected and acquired for the attack, countermeasures for security of the target are devised and a checklist for preparation is created. Events have occurred in their life that have increased stress, feelings of hopelessness.

### Interventions

- Access to lethal means increases the risk of an attacker's ability to cause more casualties. Conversations about the motivation for acquiring firearms, optics, and tactical gear would be useful to clarify the reasons for the purchases. Consider an open-source intelligence review to determine if there are concerning social media posts. A coordinated response with the school, college, or workplace BIT/CARE and/or threat team would be advised.

## - Threat

## EXTREME

THREAT brings together DIRECT (low), ORGANIZATION (moderate), LETHALITY (extreme), TIME (low), LEAKAGE (moderate), LOCATION (low), TONE (moderate), RHETORIC (moderate), PLANNING (low), APPROACH (low), BLAZE (low), VETERAN STATUS (unsure), and SUICIDE. Threat indicates the overall severity of a threat that has been made. Someone has the potential to be violent even without making a threat, however threats that are made provide insight into the planning prior to a potential attack. Threat gathers information together about the time and location of an attack, the lethality or dangerousness of the threat, and if planning or approach has begun. Information about the transient or substantive nature of the threat is gathered through the tone and rhetoric of the threat.

## Interventions

- Any threats made are loosely organized and transient in nature. Given that the target of the threats are generally authority figures or those who have caused some injustice, conversations that encourage an open dialogue and explore alternative ways of viewing grievances and injustices would be helpful. Encourage them to talk to a trusted adult, school counselor, work supervisor, human resources, or EAP counselor to help better understand the nature of the threat. These concerns are further heightened when other threatening behaviors such as direct, lethal, time, leakage, location, tone, rhetoric, planning, approach, blaze, veteran, or suicide are present.
- They have access to multiple firearms and the tactical and logistical ability to carry out an attack. They have practiced their attack plan to increase potential lethality, which is a critical, late-stage behavior that should immediately involve conversations with law enforcement, school authorities, parents, work supervisors, and human resources. The risk of an attack is further heightened when other threatening behaviors such as direct, time, leakage, location, tone, rhetoric, planning, approach, blaze, veteran, or suicide are present. An open-source intelligence review should be conducted to determine if there are concerning social media posts. In addition, law enforcement should conduct a local systems check (computer automated dispatch/CAD), criminal history, and wants/warrants search. A coordinated response with the school, college, or workplace BIT/CARE, and/or threat team would be advised.
- Threats are likely part of their process and are more transient in nature. It would be warranted to have a conversation with them about how their writing is seen by others and discuss what kind of outcome they are looking for. Encourage them to talk with a trusted adult, school counselor, work supervisor, human resources, or EAP counselor to help better explore how their writing is seen and discuss alternative methods of expression. A coordinated response with the school, college, or workplace BIT/CARE and/or threat team would be advised.

PRINT

RESET

No data is stored in this online system related to your entries. Users are encouraged to print and save the outcome to a PDF and maintain this according to your institution's data privacy standards.



For more information, contact [brian@prep.com](mailto:brian@prep.com)

*DarkFox is an expert system that takes observations and user input and creates a risk report based on this data. The system creates a risk mitigation plan based on user input and research from psychology, criminology, threat, and law enforcement fields. DarkFox provides support to threat teams and law enforcement in the summary and development of a risk mitigation plan. Information provided by DarkFox should be used in conjunction within the context of the experience, research and expert judgement of law enforcement, counseling, and threat assessment professionals. None of the information provided is stored or recorded in any way.*

*No portion of the DarkFox tool may be reproduced, copied, or reprinted in any format whatsoever, including digital formats, without the expressed written permission of the authors.*

*D-Prep, LLC, and Looking Glass Consulting and Design, LLC, are not providing legal advice or acting in the capacity of legal counsel. Users should consult their own legal counsel before relying or acting upon any advice or suggestions made by D-Prep, LLC, and Looking Glass Consulting and Design, LLC, and their employees and consultants. D-Prep, LLC, and Looking Glass Consulting and Design, LLC offer no warranties or guarantees as to content, and accept no liability for how the content is interpreted or implemented by users.*

©2022 D-Prep, LLC, and Looking Glass Consulting and Design