

DE-ESCALATION DEFENSE: SKILLS CHART

- Research shows an early and on-going response to abuse is a protective factor in women's self-defense. De-escalation defenses rely on *Matching Strategy*: an effective response needs the same degree of force (or a slightly higher level) than what is used by the aggressor. Too little force carries a message of fear or inadequacy; too much force carries a message of fear and lack of control, messages that can lead to escalation.
- The **Level of Commitment Scale** is a self-assessment tool that allows us to pick an effective strategy. Use it to measure **the degree of force** in an approach, and to train for appropriate and effective responses.

