

# Responses to Violence

Watch the 12min Video of 'Responses' on [www.insightexchange.net/creating-conversations/](http://www.insightexchange.net/creating-conversations/)



**ENGAGE** | THINK | **TALK**

“It’s important when we are trying to understand emotions that we understand them in context and not out of context.”

Dr Linda Coates

“The perpetrator’s history is the history of violence. The victim’s history is the history of resistance (not trauma – that’s different).”

Dr Allan Wade

“Emotion is more like a walk in the park than it is like indigestion. The emotions are activities of a person, right? They are not biological events triggered inside of a person – they are relational, they are contextual.”

Dr Allan Wade

“And so in fact, emotions can be more understood as a moral and ethical response.”

Dr Linda Coates

What surprised you? | What did you appreciate about that? | What might you reflect on?