In the first stage of an aggression cycle, an individual begins to feel stress and their internal energy level rises. If the stimulus continues, the energy level continues to increase until the individual has some means to escape from their stressor. At this point, in general there are three options, which are as follows:

1. **Dark Blue**: The individual is removed from the stimulus via personal means or is provided with alternatives to allow their energy level to decrease.

2. **Orange**: Minor energy is added to the situation in an attempt to remove the individual from the stimulus or to provide alternatives.

3. **Red**: Additional energy is added to the situation, such as physical redirection or restraint — significantly increasing the likelihood of a violent outburst.