

The Cycle of Violence

Honeymoon

- Abuser may seem charming and charismatic
- Abuser will manipulate the victim with promises, gifts or emotions
- Victim may feel love or mixed emotions for abuser

Tension Building

- Victim feels as though they are walking on egg shells
- There may be increased verbal & emotional abuse, isolation & threats
- Victim and abuser may minimize tension & abuse
- Abuser may increase blame

Abusive Incident

- Abuser feel a loss of control
- Abusive incident(s) occurs - physical, verbal or emotional
- Victim experiences and responds to trauma
- The environment feels unpredictable

Reconciliation

- Abuser may apologize for abuse
- Abuser may admit or deny wrong doing
- Abuser may promise a future without abuse
- Abuser may promise to change or seek help
- Abuser will blame the victim

Times between phases may vary

