The Cycle of Violence

Tension Building Phase
- Abuser is argumentative, angry
- Incidents of abuse begin
- Communication breaks down
- Tension becomes too much
- Victims feel as if they're walking on eggshells

Honeymoon Phase
- The abuser displays regret for the abuse
- Acts apologetic and loving
- The abuser might say:
  - I'll never do it again
  - I'm sorry, I never meant to hurt you
  - I promise I will change
  - I promise I'll get help

Crisis Phase
- Abuse occurs
- Abuse can be:
  - physical
  - sexual, and/or
  - emotional

Each phase may be followed by periods of calm
Each phase may last a different amount of time
The cycle repeats
Not all domestic violence relationships fit the cycle
Not everyone's experience is the same