

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