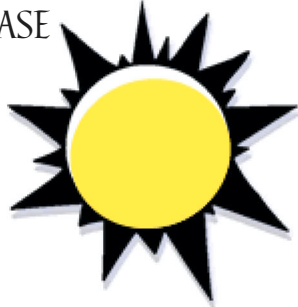


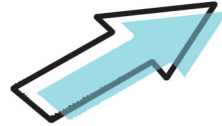
# THE CYCLE OF VIOLENCE

## THE HONEYMOON/HEARTS & FLOWERS PHASE

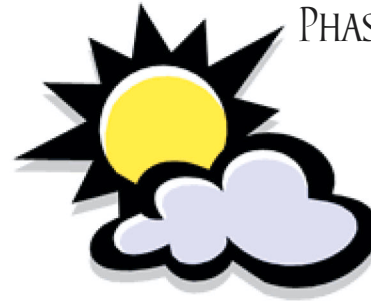


**Abuser:** feels sorry, acts apologetic and loving.  
**Victim:** trusting, hoping for change, wants to believe the promises.

This phase causes the victim to doubt the abuse ever took place, or if it did, that she caused it.



## THE TENSION BUILDING PHASE



**Abuser:** blaming, arguing, angry, minor explosions.  
**Victim:** feels tense and afraid, walking on eggshells.

This phase abuser is moody easily agitated. There is an air of heightened anxiety.



## THE EXPLOSION/SAME OLD STUFF PHASE



**Abuser:** commits major act of violence.  
**Victim:** may try to cover up injury or look for help.

This phase victim accepts the responsibility and the cycle repeats.

