

CYCLE OF VIOLENCE

STAGE 1: TENSION BUILDING

- Tension starts to build
- Minor incidents begin
- Breakdown of communication
- Victim feels need to please abuser
- Tension becomes unbearable

STAGE 2: ERUPTION

- Period of explosive violence
- Any type of abuse occurs – physical, sexual, or emotional

STAGE 3: HONEYMOON

- Abuser apologizes for behavior
- Promises it will never happen again and that things will change
- Denies abuse took place
- Hope that the abuse is over

24-Hour Helpline 920-432-4244
Toll-Free 1-877-431-4231

PO Box 727, Green Bay, WI 54305
www.goldenhousegb.org