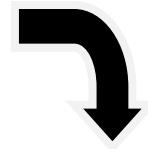
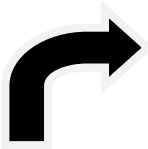


Cycle of Violence

Stage 1: Tension Building

- Tension starts to build
- Minor incidents begin
- Breakdown of communication
- Victim feels need to placate 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



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