

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

Crisis Phase

Abuse occurs
Abuse can be emotional, physical, and/or sexual

Honeymoon Phase

Abuser displays regret for the abuse
Abuser acts apologetic and loving
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"

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

Beyond Power and Control:

A training resource for professionals working with victims and survivors of domestic violence.