



Women's Legal Services NSW

Cycle of Violence

As the cycle repeats, the violence may become more severe. Each time the cycle happens, the less time it takes to reoccur.

EXPLOSION

Incident of abuse

- Physical
- Sexual
- Emotional
- Financial
- Verbal abuse
- Intimidation/threats
- Stalking
- Humiliation
- Imprisonment
- Isolation
- Threatening to or injuring pets
- Destruction of property

Reconciliation

- Abuser apologises
- Abuser asks for forgiveness
- Abuser makes excuses
- Abuser promises it won't happen again
- Abuser blames the victim
- Abuser denies abuse
- Abuser downplays abuse
- Abuser tries to 'make up' for behaviour

Tension builds

- Abuser starts nit-picking
- Minor incidents of abuse begin
- Communication breaks down
- Victim or family members feel like they are 'walking on eggshells'
- Victim tries to keep abuser calm
- Victim becomes fearful and withdraws

Honeymoon period

- No abuse takes place
- Pretend abuse never happened
- Victim hopes the abuse is over
- Things appear calm
- Victim in denial