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