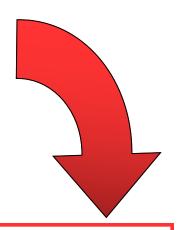


Tension Building

Batterer increases anger, threats or controlling behavior Tension increases Victim feels like they have to "walk on eggshells" Victim feels the need to keep batterer calm Poor communication Incidents of abuse may begin



Calm Phase

Batterer acts like abuse did not happen Abuse may be absent

Victim feels abuse is over and batterer has changed

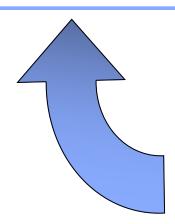
Note: The cycle of abuse may take hours, weeks, months, or years. In most cases, the calm phase will grow shorter in length.

Cycle of Violence

Crisis Phase

Batterer is highly unpredictable
Batterer claims s/he is "losing control"
Victim feels helpless and trapped
Batterer is emotionally, physically, or
sexually abusive
Victim is traumatized

Batterer blames victim

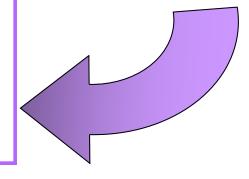


Make-Up/Honeymoon Phase

Batterer is loving, apologetic and attentive to victim Batterer may buy gifts for the victim

Batterer may promise to change or it will never happen again

Batterer may blame the victim for causing the abuse Victim feels guilty and responsible Victim minimizes abuse



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