

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



This project was supported by Grant Funds awarded by the Indiana Criminal Justice Institute and made possible by Award No. 2009-EF-S6-0020 awarded by the Department of Justice, Office of Justice Programs, Office on Violence Against Women