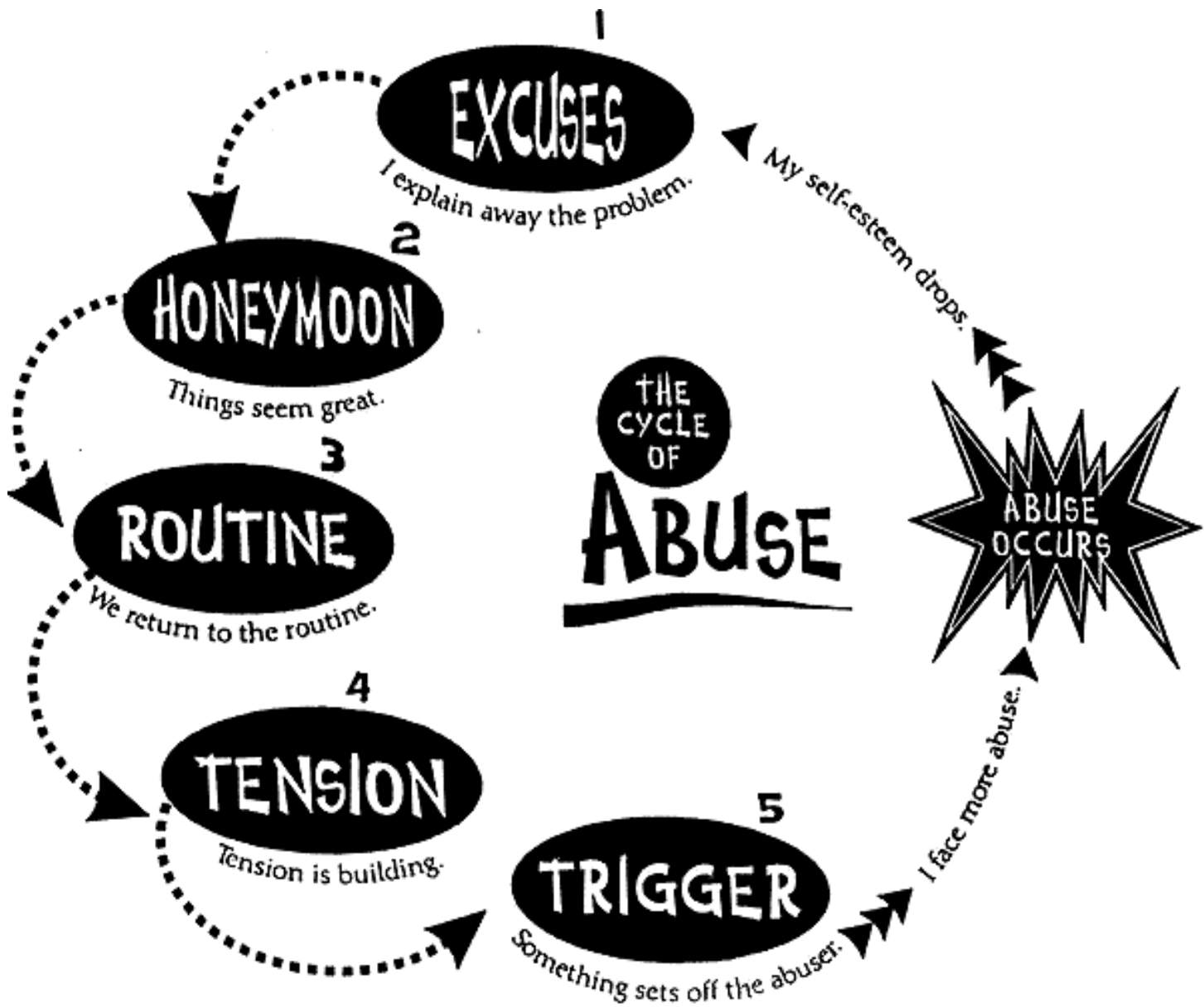


The Cycle of Violence



# Cycle of Violence



## Tension Building

- Abuser starts to get angry
- There is a breakdown of communication
- Survivor feels the need to keep the abuser calm
- Tension becomes overwhelming
- Survivor feels like they are 'walking on egg shells'

## Abuse/Explosion

- Any type of abuse occurs (physical/sexual/emotional)

## Excuses/Honeymoon/Making Up

- Abuser may apologize for abuse
- Abuser may promise it will never happen again
- Abuser may blame the survivor for causing the abuse
- Abuser may deny abuse took place or say it was not as bad as the survivor claims

## Calm

- Abuser acts like the abuse never happened
- Physical abuse may not be taking place
- Promises made during 'making-up' may be met
- Survivor may hope that the abuse is over
- Abuser may give gifts to survivor



The cycle can happen hundreds of times in an abusive relationship. Each stage lasts a different amount of time in a relationship. The total cycle can take anywhere from a few hours to a year or more to complete. It is important to remember that not all domestic violence relationships fit the cycle. Often, as time goes on, the 'making-up' and 'calm' stages disappear.

*Adapted from the original concept of: Walker, Lenore. The Battered Woman. New York: Harper and Row, 1979.*