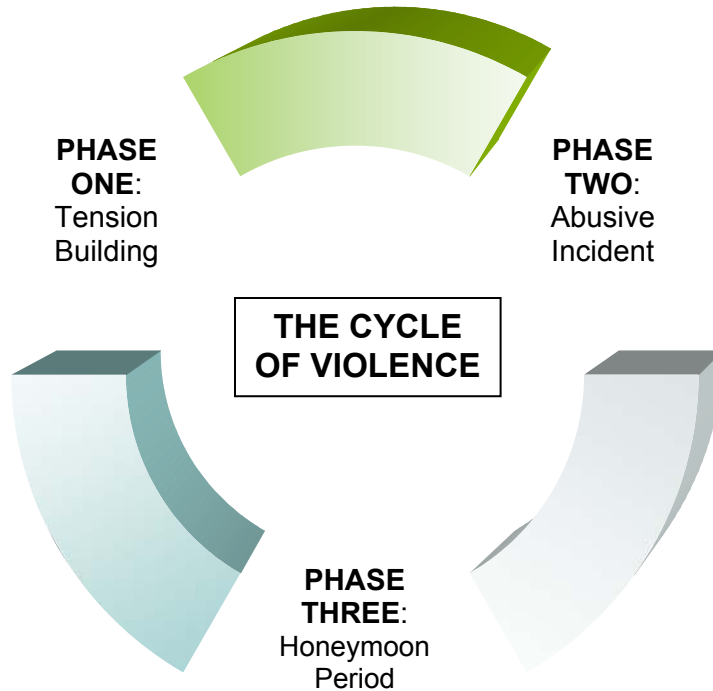


Domestic Violence Resources:
The Cycle of Violence



Phase One: Tension Building	Phase Two: Abusive Incident	Phase Three: Honeymoon Period
<ul style="list-style-type: none"> • Batterer experiences increased tension • Victim minimizes problems • Batterer increases threats • Victim withdraws • Batterer controls more • Tension becoming intolerable • Victim feels like they are walking on eggshells • Poor communication 	<ul style="list-style-type: none"> • Batterer unpredictable; believes he is losing control • Victim is helpless; feels trapped • Batterer highly abusive, incident occurs • Incidence of violence or threat occurs • Victim traumatized • Batterer blames victim 	<ul style="list-style-type: none"> • Batterer is loving, apologetic and attentive • Victim has mixed feelings • Batterer is manipulative • Victim feels guilty and responsible • Batterer promises change • Victim considers reconciliation • Victim often recants/minimizes abuse

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