



Cycle of Violence

Incident

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

Tension Building

- Abuser starts to get angry
- Abuse may begin
- There is a breakdown of communication
- Victim feels the need to keep the abuser calm
- Tension becomes too much
- Victim feels like they are 'walking on egg shells'

Making Up

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

Calm

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