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