



Cycle of Violence

Survivor's Response

- Protects self any way possible
- Calls police, gets restraining order
- Tries to calm/reason with abusive person
- Fights back verbally or physically
- Goes to hospital
- Gets counseling
- Leaves

Abusive Person's Tactics

- Begs for forgiveness/cries
- Sends flowers & gifts
- Promises to go to counseling/church/AA
- Wants to be intimate
- Enlists family support to reunite
- Declares love for survivor
- Promises abuse won't happen again



Explosion

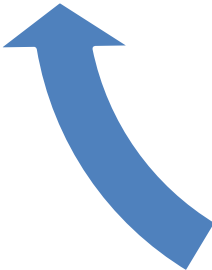
Honeymoon

Abusive Person's Tactics

- Hitting
- Strangulation
- Humiliation
- Use of weapons
- Breaking/throwing objects
- Name calling
- Threats
- Beating
- Verbal abuse
- Sexual abuse

Survivor's Response

- Agrees to stay, return or forgive abusive person
- Attempts to stop legal proceedings
- Sets up couples counseling
- Feels happy & hopeful
- Believes change is possible



Tension Building

Survivor's Response

- Attempts to calm/reason with abusive person
- Plays nurturing role
- Stays away from family & friends
- Keeps kids quiet
- Acts agreeable
- Feelings of walking on eggshells
- Can't seem to do anything right

Abusive Person's Tactics

- Moody
- Nitpicky
- Yells
- Put-downs
- Isolates survivor
- Drinks
- Withdraws affection
- Destroys property
- Criticizes
- Gaslights
- Acts sullen

