

# THE CYCLE OF VIOLENCE

**HONEY MOON**

**Abuser:** apologizes, begs for forgiveness, promises to get counseling or go to church or to AA, promises to never to do it again, wants to make love, brings presents, declares love, cries, enlist family support

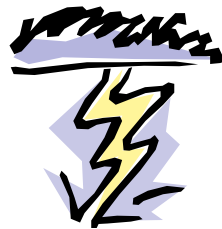
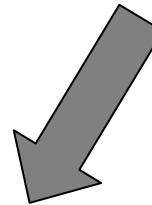
**Victim:** agrees to stay or return, attempts to stop legal proceeding, sets up counseling appointments, feels happy and hopeful.



**TENSION BUILDING**

**Abuser:** moody, picky, isolates victim, withdraws affection, yelling-putdowns, drinking and/or drugs, threats, destroys property, critical, sullen

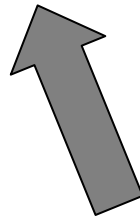
**Victim:** Attempts to calm abuser, nurturing, stays away from family and friends, keep children quiet, agrees, withdraws, tries to reason, cooks abuser's favorite dinner, tries being silent or talkative, general feeling of walking on eggshells



**ACUTE EXPLOSION**

**Abuser:** hits, strangles, humiliates, imprisons, rapes, uses weapons, beats, verbally abuses

**Victim:** protects self any way possible, police called, tries to calm abuser, tries to reason, fights back, leaves



DENIAL WORKS IN EACH STAGE TO KEEP THE CYCLE GOING		
TENSION BUILDING	ACUTE EXPLOSION	HONEY MOON
<p><b>Victim</b> denies it is happening; blames work, self; denies abuse is worse.</p> <p><b>Abuser</b> blames tension on victim, traffic, work and denies responsibility for actions.</p>	<p><b>Victim</b> denies her injuries, blames it on drinking, refuses to label forced sex as rape.</p> <p><b>Abuser</b> blames it on the victim, stress and justifies that victim had it coming.</p>	<p><b>Victim</b> minimizes injuries, believes that this is the way it will stay, believes promises.</p> <p><b>Abuser</b> also believes it won't happen again.</p>

Adapted from The Domestic Violence Handbook, distributed by DSVCC, 2001