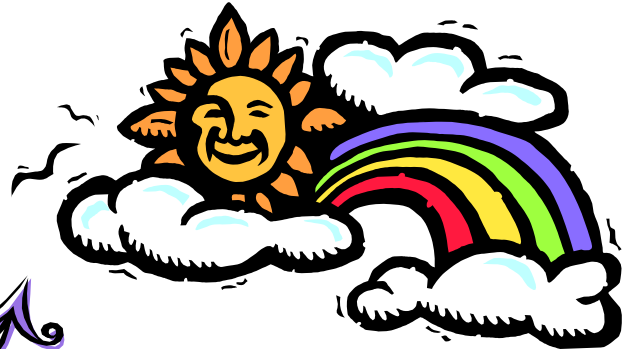


CYCLE OF VIOLENCE

Honeymoon



HOPE & DENIAL

VICTIM FEELS: relieved, angry over incident, guilty, hopeful.

BEHAVIOR: offers excuses for abuser, tries to settle, solve or prevent future incidents, hopes & believes change will last.

PARTNER FEELS: apologetic, remorseful, forgetful about degree of violence, self-righteous or unable to understand why victim is still angry.

BEHAVIOR: makes promises to change, blames alcohol/drugs, other people, or life for their actions and situations.

CHILDREN FEEL: embarrassed, humiliated, guilty, or angry.

BEHAVIOR: try to please, distract self to forget stress, nervous behaviors.

This stage may decrease over time. Abuser may deny violence, blame drinking or drugs, apologize, & promise it will never happen again.

EXPLOSION



VICTIM FEELS: frightened, trapped, helpless, or numb.

BEHAVIOR: may try to protect self, hit back or submit helplessly, may try to get away or seek help, may pretend to be unconscious.

PARTNER FEELS: angry, enraged, disgusted, self-righteous, jealous, or frustrated.

BEHAVIOR: dangerously violent, deliberate desire to hurt or kill, out of control, or irrational.

CHILDREN FEEL: frightened, trapped, and helpless.

BEHAVIOR: may watch helplessly, hide or attempt to stop the fighting, may attempt to help adult victim.

Battering - hitting, slapping, kicking, choking, use of objects or weapons, sexual abuse, verbal threats/abuse.



Tension Building

VICTIM FEELS: angry, unfairly treated, hopeless, tense, afraid, embarrassed, humiliated, disgusted or depressed.

BEHAVIOR: nurturing, complaining, accepting, works to diffuse partner's anger and frustration, may verbally express own feelings of anger, may use alcohol and/or drugs to avoid the situation.

PARTNER FEELS: tense, frustrated, disgusted, self-righteous, jealous

BEHAVIOR: verbally abusive, fits of anger, silent, controlling, drug and/or alcohol usage, possessive, demanding, or irritable.

CHILDREN FEEL: afraid, tense, angry with victim for not "fixing" partner, or confused.

BEHAVIOR: side with one or the other parent, hide, deny, try to distract, or be "the perfect child."

Increased tension, anger, blaming, arguing, feeling of "walking on eggshells"