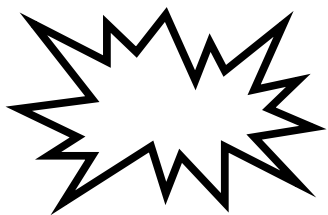
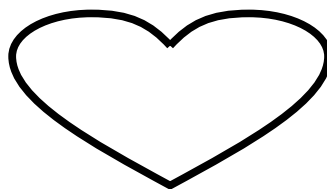


# What Is The Cycle Of Abuse?

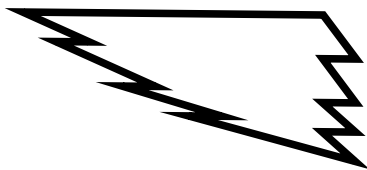
There Are Four Parts To The Cycle Of Violence:



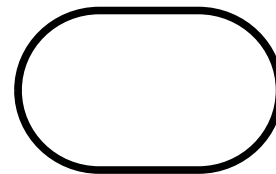
**Violent Incident**



**Honeymoon Stage**



**Tension Building Stage**



**'Normal' Stage**

## **Tension Building Stage:**

- things are beginning to become intense and stressful
- there are words, glances, acts of intimidation
- there is stress and a struggle for power and control

## **Violent Incident:**

- there is likely a violent episode or incident
- could be any type of abuse (physical, emotional, mental, spiritual, etc)
- both victim and abuser may feel confused, fearful, embarrassed, etc.

## **Honeymoon Stage:**

- abuser may: show extreme kindness, making promises that it will never happen again, attempt to mend or 'fix' wounds, apologize, make up sexually
- attempt to prevent victim from leaving by doing anything possible
- a happy time for victim and other family members

## **Normal Stage:**

- a time of peace, which is usually temporary
- victim no longer receives promises to change, apologies
- life seems 'normal', things carry on around the home as usual
- abusive behaviours are starting to re-surface