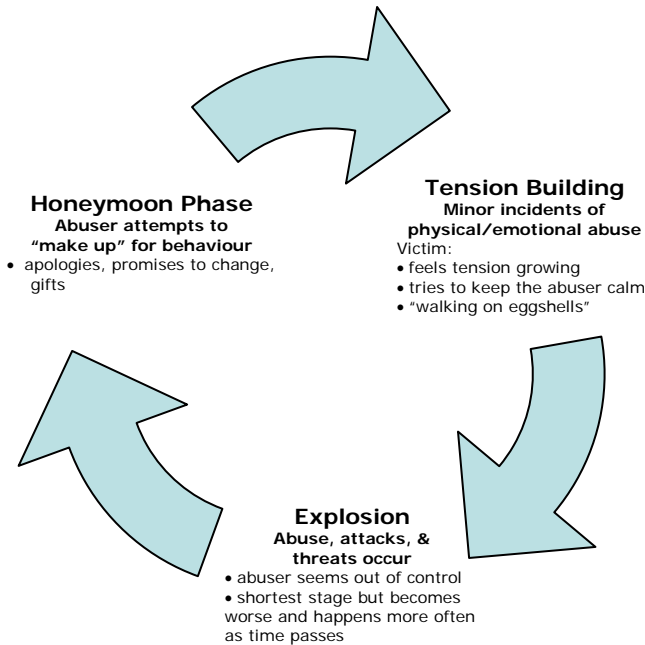




# The Cycle of Abuse



The **Cycle of Abuse** can happen hundreds of times, once or not at all in an abusive relationship.

Each stage lasts a different amount of time. The total cycle can take anywhere from a few days, weeks or even a year to complete.

- If there is no intervention, the abuse can become worse and happen more frequently as the years continue.
- In this cycle, women's fears increase, they lose personal power and control, and they minimize and deny the abuse in order to survive.

Phase	Abuser May:	Woman May:	Effect on Children:
<b>Tension Building</b> May include: pressure from others: bill collectors, parents, pressure about money.	<ul style="list-style-type: none"> <li>• Pick fights</li> <li>• Act jealous &amp; possessive</li> <li>• Criticize, threaten</li> <li>• Use alcohol, drugs</li> <li>• Be moody, unpredictable</li> </ul>	<ul style="list-style-type: none"> <li>• Feel like she's walking on eggshells</li> <li>• Try to reason with/calm/appease abuser</li> <li>• Keep silent, keep children quiet</li> <li>• Feel afraid or anxious</li> </ul>	<ul style="list-style-type: none"> <li>• Modify behaviour to avoid anger</li> <li>• Manipulate either parent for own benefit</li> <li>• Assume parental role</li> <li>• Use drugs, alcohol</li> <li>• Run away to escape</li> </ul>
<b>Explosion</b> May include: actual physical/sexual violence, increased verbal abuse, threats of harm to children, pets, parents, belongings	<ul style="list-style-type: none"> <li>• Blame victim for provoking abuse</li> <li>• Increase control over money</li> <li>• Restrain partner</li> <li>• Destroy property</li> <li>• Assault/abuse physically, verbally, sexually, emotionally</li> </ul>	<ul style="list-style-type: none"> <li>• Experience fear, shock</li> <li>• Protect self/children</li> <li>• Use self-defense</li> <li>• Call for help</li> <li>• Try to flee, leave</li> <li>• Pray for it to stop</li> <li>• Do what is necessary to survive</li> </ul>	<ul style="list-style-type: none"> <li>• May get hurt trying to intervene</li> <li>• Attempt to hide and be frantic</li> <li>• Display acting out behaviour</li> <li>• Become clingy or withdrawn</li> </ul>
<b>Honeymoon</b> Abuser apologizes, looks for forgiveness, manipulates victim to "make up", makes promises (get counselling, stop drinking, go to church, change behaviour) Peace, even keel, etc.	<ul style="list-style-type: none"> <li>• Ask for forgiveness</li> <li>• Promise it won't happen again</li> <li>• Stop using drugs, alcohol</li> <li>• Be affectionate</li> <li>• Initiate intimacy</li> <li>• Minimize or deny abuse</li> </ul>	<ul style="list-style-type: none"> <li>• Forgive</li> <li>• Return home</li> <li>• Arrange for counselling</li> <li>• Feel hopeful</li> <li>• Feel manipulated</li> <li>• Blame self</li> <li>• Minimize or deny abuse</li> </ul>	<ul style="list-style-type: none"> <li>• May be unable to believe in or trust either the victim or abuser</li> <li>• Blame</li> </ul>