

Domestic Violence Resources

The Cycle of Violence




Phase One:
Tension Building

Phase Two:
Abusive Incident



Phase Three:
Honeymoon
Period



Phase One: Tension Building	Phase Two: Abusive Incident	Phase Three: Honeymoon Period
<ul style="list-style-type: none"> • Batterer experiences increased tension • Victim minimizes problems • Batterer increases threats • Victim withdraws • Batterer controls more • Tension becoming intolerable • Victim feels like they are walking on eggshells • Poor communication 	<ul style="list-style-type: none"> • Batterer unpredictable; believes they are losing control • Victim is helpless; feels trapped • Batterer highly abusive, incident occurs • Incidence of violence or threat occurs • Victim traumatized • Batterer blames victim 	<ul style="list-style-type: none"> • Batterer is loving, apologetic and attentive • Victim has mixed feelings • Batterer is manipulative • Victim feels guilty and responsible • Batterer promises change • Victim considers reconciliation • Victim often recants/minimizes abuse