# Domestic Violence Resources

## The Cycle of Violence

### Phase One: Tension Building
- 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

### Phase Two: Abusive Incident
- 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

### Phase Three: Honeymoon Period
- 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

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