

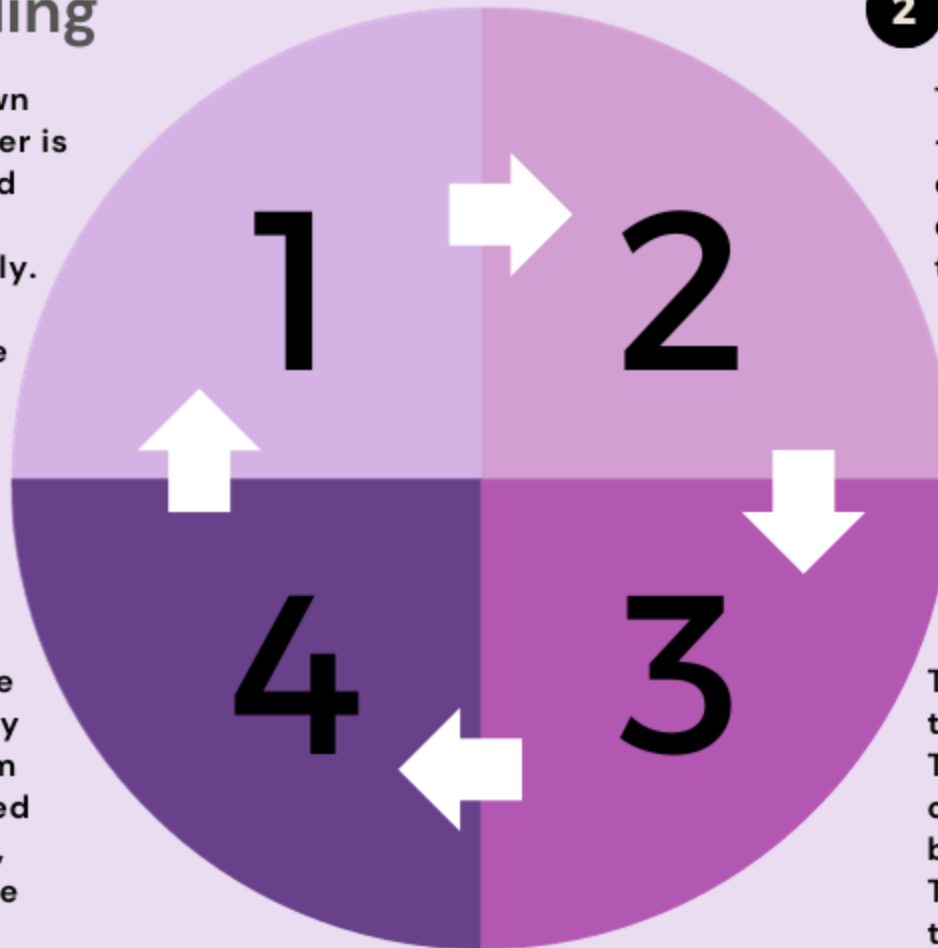
The Cycle of Abuse

1 Tension Building

Tension increases, breakdown of communication. The abuser is becoming easily irritated and seems "on-edge". Abuser is speaking passive aggressively. Victim becomes fearful and feels the need to placate the abuser.

2 Incident

The abuser may "explode" –an attempt to dominate and control the victim. Verbal, emotional, or physical abuse takes place.



4 Calm

The incident is "forgotten". The relationship becomes relatively calm. This may make the victim feel like the abuser has changed their behaviour. Unfortunately, conflicts will soon arise and the cycle will continue.

3 Reconciliation

The abuser apologizes, blames the victim and/or makes excuses. The abuser denies the abuse occurred or states it was not as bad as the victim claims. The abuser may make promises that there will be no more incidents and may shower the victim with affection, gifts (A.K.A love bombing).