

Phase 1 - Tension Building:



Tension increases, breakdown of communication, victim becomes fearful and feels the need to placate the abuser.



Phase 4 - Calm:

Incident is "forgotten", no abuse is taking place. The "Honeymoon" phase.

The Cycle of Abuse

Phase 2 - Incident:

Verbal, emotional, physical abuse. Anger, blaming, arguing. Threats. Intimidation.

Phase 3 - Reconciliation:

Abuser apologizes, gives excuses, blames the victim, denies the abuse occurred, or says it wasn't as bad as the victim claims.

