

The more times the cycle is completed the less time it takes to complete.

The "Honeymoon"

Abusers act differently after violent episodes. Some ignore or deny the violence. Some blame their "anger" on something you said or did. Some fear losing you and act genuinely sorry. This phase is often called the "honeymoon". The abuser will try to make up for his violence. He may act sorry, send cards and flowers, buy presents, help around the house, spend time with his kids, go to church, get counseling, or make promises. The abuser may seek pity. It's important to realize that this phase is an attempt to draw you back into the relationship. This phase is never a real "honeymoon".

Tension

This feels like walking on eggshells. Nothing is right. There is no way to predict what the abuser wants.

While there may not be physical violence (or at least physical violence is minimal), there is emotional abuse, intimidation and threats. Fear of violence is often as coercive as violence itself.

As the cycle is repeated, the violence usually increases in frequency and severity.

The Cycle of Violence

Violence

This is the actual violent episode. It includes physical, emotional or sexual abuse. A crime is committed.

