CYCLE OF VIOLENCE

TENSION BUILDING

Batterer

- *Moody
- *Nitpicking
- *Put-downs
- *Yelling
- *Drinking/Drugs
- *Threatening
- *Withdraws Affection
- *Criticizes
- *Sullen

Victim

- *Nurturing
- *Stays away from Family/Friends
- *Keeps children quiet
- *Agrees
- *Tries to reason
- *Cooks partner's favorite dinner
- *Feeling of walking on eggshells
- *Attempts to soothe partner

Batterer

- *Hitting
- *Choking
- *Humiliating
- *Imprisonment
- *Rape
- *Using Weapons
- *Verbal Abuse
- *Destroys Property

ACUTE EXPLOSION

Victim

- *Protects Self
- *Police called by victim/ neighbor/child
- *Tries to calm batterer

HONEYMOON

- *Tries to reason
- *Fights back
- *Leaves

Batterer

- "I'm sorry"/Begs forgiveness
- *Promises to get help/ counseling/go to church
- *Enlists Family's Support
- "I'll never do it again"
- *Wants to make love
- *Declares love
- *Cries Victim

- *Agrees to stay
- *Returns or takes back batterer
- *Attempts to stop legal proceedings
- *Sets up counseling for batterer
- *Feels happy/hopeful