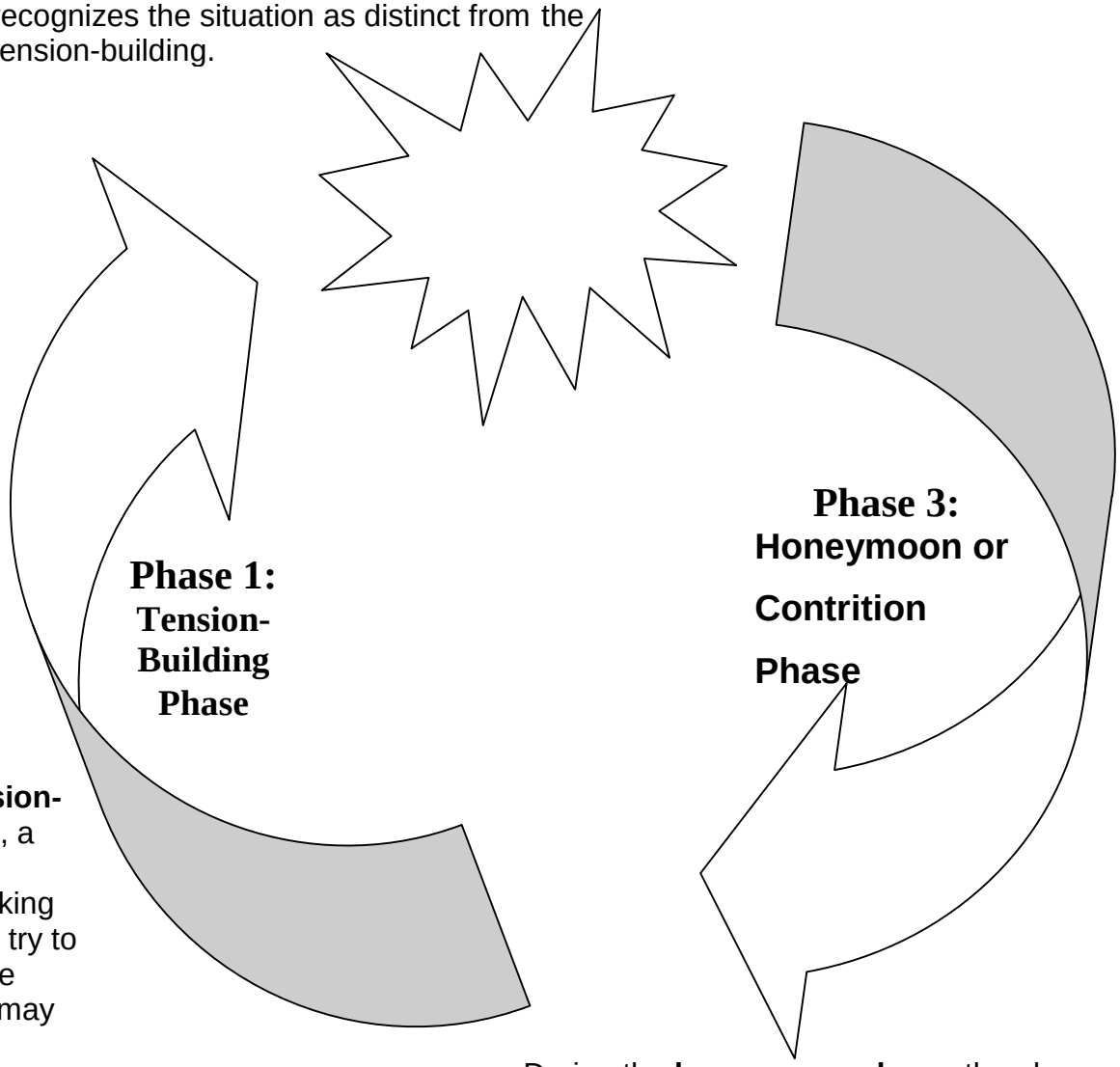
Cycle of Violence

Phase Two

During a **violent incident**, the abuser uses physical and emotional abuse like pushing, grabbing, hitting, kicking, throwing things, or destroying property to control and humiliate the victim. The violent incident may be strictly emotional abuse at some times, but the victim recognizes the situation as distinct from the tension-building.



During the **Tension-building phase**, a victim may find him/herself "walking on eggshells" to try to avoid making the abuser mad. It may be a time of increasing use of bad language or threats. The children may notice that there is lots of tension in the home and behave differently as well.

During the **honeymoon phase**, the abuser may apologize for the abuse, saying that it would never happen again. They may offer gifts like flowers or take the family to dinner together. The abuser may behave differently for a while, but all too soon the tension begins to build again…