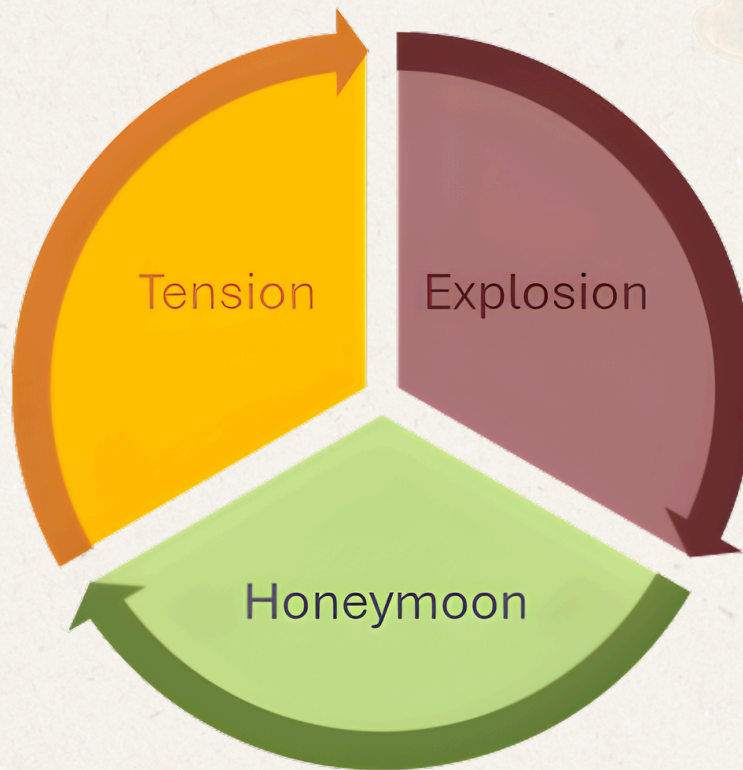


Cycle of Abuse



Tension Building Phase:

The abuser becomes irritable, critical, or controlling. Survivors feel anxious, fearful, and like they are “walking on eggshells.”

Explosion Phase:

The abuse escalates into an incident, verbal, emotional, physical, or other harmful behaviors, leaving survivors feeling unsafe and overwhelmed.

Reconciliation/Honeymoon Phase:

The abuser may blame the victim or others or even minimize or rationalize the abuse. The abuser may promise to change, apologize, give gifts, become affectionate, profess his love or asks for forgiveness. **In some relationships, this phase disappears over time, leaving only tension and abuse.**