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

to Wolence The Cycle of Wildence The 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".

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

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

Cycle of Violence 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.

Violence

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



The Alabama Coalition Against Domestic Violence, P.O. Box 4762, Montgomery, AL 36101 Cycle of violence concept developed by Dr. Lenore Walker in the early 1980s.