

# Cycle of Violence

## Tension Building Phase

Abuser is argumentative, angry  
Incidents of abuse begin  
Communication breaks down  
Tension becomes too much  
Victims feel as if they're walking on eggshells

## Crisis Phase

Abuse occurs  
Abuse can be emotional, physical, and/or sexual

## Honeymoon Phase

Abuser displays regret for the abuse  
Abuser acts apologetic and loving  
Abuser might say, "I'll never do it again;"  
"I'm sorry, I never meant to hurt you;"  
"I promise I will change;" "I promise I'll get help"

The cycle repeats.  
Each phase may be followed by periods of calm.  
Each phase may last a different amount of time.  
Not all domestic violence relationships fit the cycle.  
Not everyone's experience is the same.

