## CYCLE OF ABUSE



360 Communities.

Incident is "forgotten," no abuse is taking place. The "honeymoon" phase

## **Tensions Building**

Tensions increase, breakdown of communication, victim becomes fearful and feels the need to placate the abuser

**Healthy Relationships Toolkit** 

## Reconciliation

Abuser apologizes, gives excuses, blames the victim, denies the abuse occurred, or says that it wasn't as bad as the victim claims Incident

Verbal, emotional & physical abuse. Anger, blaming, arguing. Threats. Intimidation.

Created by Lenore E. Walker, 1979



24/7 Crisis Line (651) 452-7288 | Sexual Assault Services (651) 405-1500 | 360Communities.org

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