CYCLE OF ABUSE

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

2. Incident

3. Reconciliation
   Abuser apologizes, gives excuses, blames the victim, denies the abuse occurred, or says that it wasn’t as bad as the victim claims.

4. Calm
   Incident is “forgotten,” no abuse is taking place. The “honeymoon” phase.

Created by Lenore E. Walker, 1979