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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