

Honeymoon/ Reconciliation

Actions of Abuser

"I'm sorry", begs for forgiveness, promises to do better, or get help, sends flowers or gifts, gentle and kind, declares love, wants to make love, enlists family support, cries, will promise to change and get help.

You may feel pain, fear, confusion and mistakenly responsible. Abusers are convincing and offer hope to save the relationship, they are not all bad, remember the good times.



As the cycle repeats, the frequency and severity of abuse increases.

The more times the cycle is completed, the shorter the

cycle becomes.

TEEN The Cycle of Violence and Abuse

Incident

Actions of Abuser

Tension explodes into an abusive incident; anger, blame, rage, gets expressed through emotional, physical, or verbal abuse.

You may feel frightened, confused, or in shock. May try to protect yourself and get away. May try to break up relationship.

Tension Building

Actions of Abuser

Moody, picking fights, jealous of relationships, criticize, insults, lying, ignores you, yelling, mean words, drug or alcohol use, destruction of property

You can feel like you are walking on eggshells, with no way to predict what the abuser wants. You have to be careful of what you say and how you act to please the abuser. Abuse may be present and fear of violence and being hurt.