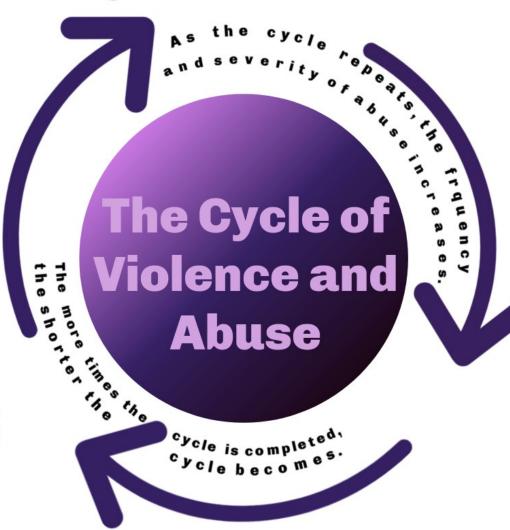
Honeymoon

Airdrie P.O.W.E.R

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,
shows remorse

Survivor can feel pain, fear, confusion and mistakenly responsible. Abusers are convincing and offer hope to save the relationship.



Tension Building

Actions of Abuser
Moody, nitpicking,
isolates,
withdraws
affections, yelling,
degrading words,
substance use,
sullen, criticizing,
destruction of
property

Survivors can feel like they are walking on eggshells, with no way to predict what the abuser wants. Often emotional and financial abuse is present and the fear of violence is immediate.

Incident

Actions of Abuser

Tries to dominate and control the survivor with attacks and threats (physical, emotional, sexual, financial, humiliation, ignoring, demeaning, imprisoning).