The Cycle of Abuse

**CALM / HONEYMOON PHASE**
Incident is “forgotten” and abuse stops or slows. The abuser may shower the victim with love and affection, continue to ask for forgiveness, or make positive gestures, but these tend to reduce in sincerity over time.

**TENSIONS BUILDING**
Stress grows and tensions increase, there is a breakdown of communication, the victim becomes fearful and feels the need to please their abuser.

**ABUSIVE INCIDENT**
Verbal, emotional, physical, or sexual abuse occurs. This includes anger, intimidation, threats, and other forms of abuse.

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

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