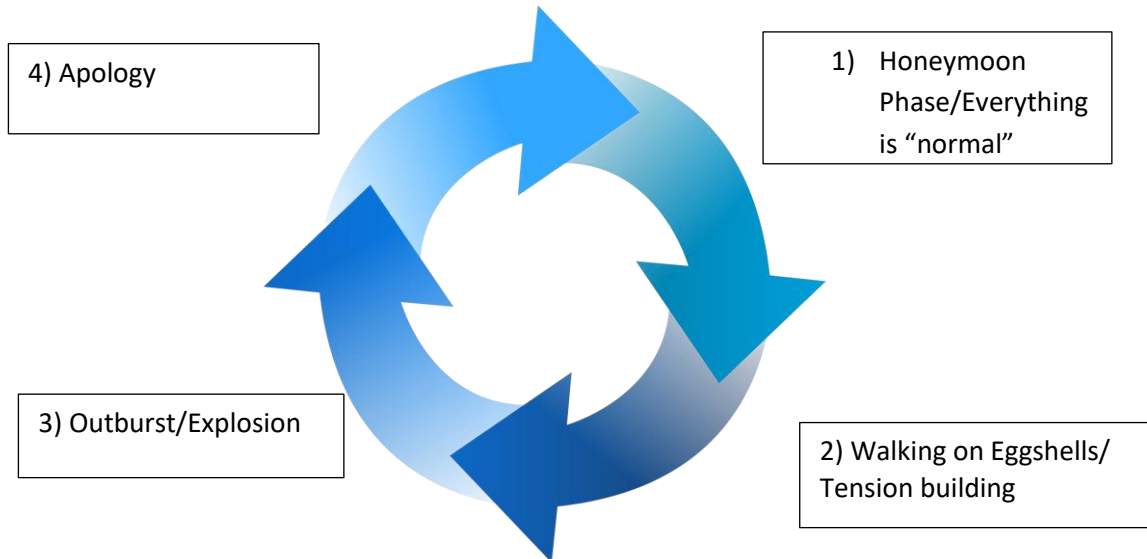


The Cycle of Violence



- 1) This is how the relationship starts out. Everything is normal and fun and the relationship is enjoyable.
- 2) At this stage the abuser begins to get angry at something insignificant or nothing at all. You begin to feel the need to keep the abuser from an outburst so you "Walk on Eggshells" to keep them from an emotional/physical explosion. You often believe that changing your behavior will stop the outburst. [It won't it NEVER does; it just may keep it at bay for a while.] The tension building stage could last for weeks.
- 3) The actual outburst happens. This can manifest itself in physical/sexual, verbal, or emotional abuse. This usually lasts no more than 24 hours.
- 4) The abuser apologizes for his/her actions. Usually they will not take responsibility for their actions, they will either blame you or someone else. They could also say "I just couldn't help it."

Then it returns to the honeymoon stage. This stage gives the abused hope that the abuser will change and they usually continue to stay in the relationship.