THE CYCLE OF VIOLENCE

Phase 1: Tension Building

Increased tension, anger, blaming, arguing. May last from minutes to months

Phase 3: Calm, Loving, Denial

Bonding occurs. Time of remorse, apologies, promises. Damage downplayed. Does not last and may vanish completely over time

Phase 2: Violent Eruption

Explosive physical abuse and/or destruction of property. Sexual abuse. Victim can do little or nothing to stop the attack



Supported in part by United Way

24-hour hotline: 417-864-SAFE(7233) / 819 N. Boonville, Springfield, MO 65802 / www.thevictimcenter.org