

# Cycle of Violence

The abuser initiates aggressive, verbal or physical abuse, in attempt to control and oppress the victim.

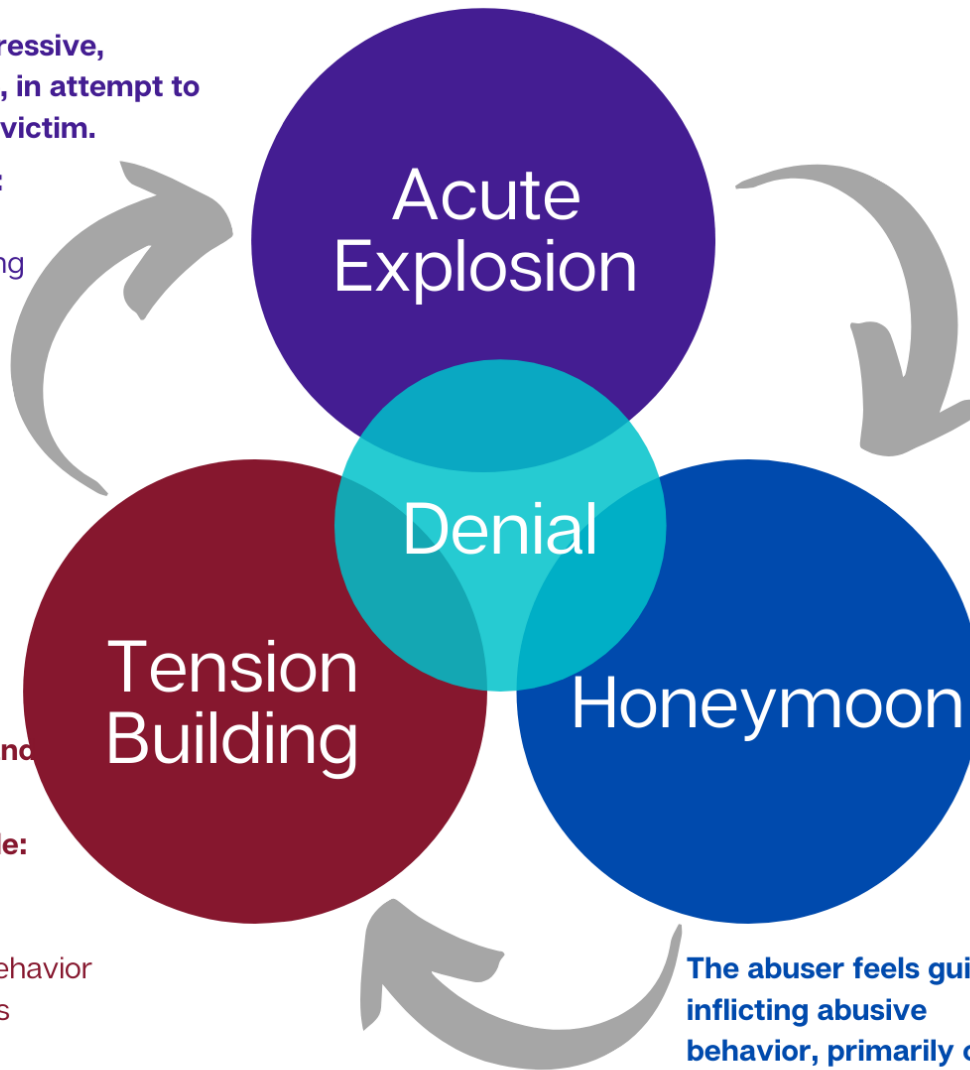
**Some behaviors include:**

- Destroying property
- Hitting, slapping, kicking
- Imprisoning
- Strangulation
- Using weapons
- Verbally abusing and threatening

The abuser becomes increasingly agitated and aggressive.

**Some behaviors include:**

- Arguing/blaming
- Criticizing
- Displaying moody behavior
- Drinking/using drugs
- Nitpicking
- Putting-down
- Threatening
- Withdrawing affection
- Yelling



Acute  
Explosion

Denial

Tension  
Building

Honeymoon

The abuser will deny the abuse at any point throughout the cycle.

The more times the cycle is completed, the less time it takes to complete.

As the cycle is repeated, the violence usually increases in frequency and severity.

The abuser feels guilty for inflicting abusive behavior, primarily out of concern of being found guilty of abuse, shamed by others, or left by the victim.

**Some behaviors include:**

- Begging for forgiveness
- Calmness
- Crying
- Declaring love
- Enlisting family support
- Excuses for violent behavior
- Initiating romance gestures
- Promising to get help
- Self-mutilation
- Wanting to get counseling