## **Cycle of Violence**

Abusers may		Survivors may
	Pick fights	Feels like he/she walking on eggshells
	Act jealous & possessive	Try to reason with the abuser
	Criticize, threaten	Try to calm the abuser
Phase 1	Drink, use drugs	Try to appease the abuser
	Be moody, unpredictable	Keep silent
	Try crazy-making	Keep children quiet
		Feel afraid and anxious
Abusers may		Survivors may
	Verbal and Emotional Abuse	Experience fear and shock
	Sexual assault	Protect self and children
	Physical abuse	Use self-defense
Phase 2	Increase control over money	Call for help
	Restrain partner	Pray for it to stop
	Destroy property	Try to flee, leave
		Do what is necessary to survive
Abusers may		Survivors may
	Ask for forgiveness	Forgive
	Promise it won't happen again	Return to abusive home
	Stop drinking/ taking drugs	Arrange for counseling
Phase 3	Seek counseling	Feel hopeful
	Be affectionate	Feel manipulated
	Initiate intimacy	Blame self
	Minimize or deny abuse	Minimize or deny abuse

Adapted from L. Walker, The Battered Woman, Harper and Row, New York, 1980.