

Cycle of Violence

	<i>Abusers may...</i>	<i>Survivors may...</i>
Phase 1	<ul style="list-style-type: none"> Pick fights Act jealous & possessive Criticize, threaten Drink, use drugs Be moody, unpredictable Try crazy-making 	<ul style="list-style-type: none"> Feels like he/she walking on eggshells Try to reason with the abuser Try to calm the abuser Try to appease the abuser Keep silent Keep children quiet Feel afraid and anxious
	<i>Abusers may...</i>	<i>Survivors may...</i>
Phase 2	<ul style="list-style-type: none"> Verbal and Emotional Abuse Sexual assault Physical abuse Increase control over money Restrain partner Destroy property 	<ul style="list-style-type: none"> Experience fear and shock Protect self and children Use self-defense Call for help Pray for it to stop Try to flee, leave Do what is necessary to survive
	<i>Abusers may...</i>	<i>Survivors may...</i>
Phase 3	<ul style="list-style-type: none"> Ask for forgiveness Promise it won't happen again Stop drinking/ taking drugs Seek counseling Be affectionate Initiate intimacy Minimize or deny abuse 	<ul style="list-style-type: none"> Forgive Return to abusive home Arrange for counseling Feel hopeful Feel manipulated Blame self Minimize or deny abuse

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