

TENSION BUILDING

Minor Incidents of physical/emotional abuse.

Victim feels growing tension.

Victim tries to control situation to avoid violence.

“Walking on eggshells.” Victim cannot control abuser.

Longest phase.

DENIAL

Minimizing the abuse or acting as if it did not happen.

Denial keeps the cycle going.

Perpetrators, victims and society at large minimize violence in relationships.

HONEYMOON PHASE

Abuser sorry and apologetic.

Abuser makes promises.

“Hearts and flowers.”

Idealized and romantic.

This phase often disappears with time.

EXPLOSION

The actual abuse:
physical, sexual, emotional,
verbal, financial, etc.