

DOMESTIC VIOLENCE INFORMATION

The Cycle of Violence:

This cycle typically moves through three phases and continuously repeats this pattern. 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.

1. *The Tension Building Period*

The Tension Building Period feels like walking on eggshells. Nothing is right. There is no way to predict what the abuser wants. While there may not be physical violence (or at least physical violence is minimal), there is emotional abuse, intimidation and threats. Fear of violence is often as coercive as violence itself.

2. *Violence/Explosion*

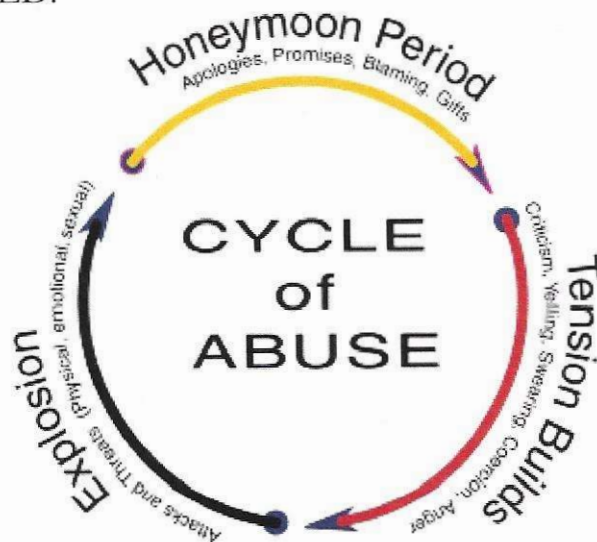
This is the actual violent episode. It includes physical, emotional or sexual abuse.

A CRIME IS COMMITTED!

3. *The "HONEYMOON" Period*

The "HONEYMOON" Period is when the abuser acts differently after violent episodes. Some ignore or deny the violence. Some blame the "anger" on something you said or did. Some fear losing you and act genuinely sorry. This phase is often called the "honeymoon" period. The abuser will try to make up for his/her violence by acting sorry, sending flowers, buying presents, helping around the house, spending time with the children, going to church, getting counseling or making promises. The abuser may seek pity. It's important to realize that the honeymoon is an attempt to draw you back into the relationship.

This phase is never a real "HONEYMOON."



This project is funded under an agreement with the State of Tennessee.

The opinions, findings, conclusions or recommendations contained within this document are those of the author and do not necessarily reflect the views of the Department of Justice, Office of Violence Against Women or the State of Tennessee, Office of Criminal Justice Programs.