

CYCLE OF ABUSE

1. TENSIONS BUILD

The abuser creates tension and the survivor's stress builds.

2. INCIDENT

The abuser lashes out through physical, verbal, psychological or sexual abuse tactics to dominate the survivor.

3. RECONCILIATION

The abuser makes excuses or attempts to apologize for the incident. Gaslighting is common, aka, "Nothing happened."

4. CALM

Things seem peaceful, maybe even better than before. But often, this doesn't last long before the cycle starts over.

*Note: The Cycle of Abuse was originally created by psychologist Lenore Walker.
The Cycle does not represent all cases of domestic violence.*

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