UNDERSTANDING THE CYCLE OF VIOLENCE

Abuser may:
- Criticize, nitpick
- Become moody or sullen
- Withdraw affection
- Threaten
- Destroy property
- Control access to social resources
- Control access to financial resources
- Control access to mental health or medical resources
- Gas lighting (psychological manipulation designed to make survivor question their sanity)

Survivor may:
- Try to calm abuser by following “rules” or trying to do special things
- Feel like walking on eggshells
- Feel that the tension is too much and try to provoke an argument to get the explosion over with

Abuse occurs (physical, emotional, sexual) Survivor protects self in any way possible, including trying to calm abuser, reasoning, fighting back, etc.

Abuser may:
- Apologize for abuse
- Promise it will never happen again
- Blame victim for causing the abuse
- Deny or minimize abuse

Survivor may:
- Agree to stay
- Feel hopeful
- Attempt to stop legal proceedings

Abuser may:
- Act like abuse never occurred
- Give gifts
- Meet promises made during honeymoon/make up period

Survivor may:
- Hope that the abuse is over