Cycle of Abuse



Abusive Person's Tactics

Survivor's Response

Protects self any way possible Calls police, gets restraining order Tries to calm/reason with abusive person Fights back verbally or physically Goes to hospital Gets counseling Leaves



Begs for forgiveness/cries

Declares love for survivor

Promises to go to counseling/church/AA

Enlists family support to reunite

Promises abuse won't happen again

Sends flowers & gifts

Wants to be intimate

Abusive Person's Tactics

Hitting Beating Strangulation Verbal abuse Humiliation Sexual abuse Use of weapons

Breaking/throwing objects

Name calling **Threats**

Honeymoon

Survivor's Response

Agrees to stay, return or forgive abusive person Attempts to stop legal proceedings Sets up couples counseling Feels happy & hopeful Believes change is possible

Survivor's Response

Attempts to calm/reason with abusive person Plays nurturing role Stays away from family & friends Keeps kids quiet Acts agreeable Feelings of walking on eggshells Can't seem to do anything right

Tension Building

Abusive Person's Tactics

Moody Destroys property Nitpicky Criticizes Yells Gaslights Put-downs Acts sullen

Isolates survivor

Drinks

Withdraws affection

