Cycle of Abuse

**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

**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

**Abusive Person’s Tactics**
- Hitting
- Beating
- Strangulation
- Verbal abuse
- Humiliation
- Sexual abuse
- Use of weapons
- Breaking/throwing objects
- Name calling
- Threats

**Abusive Person’s Tactics**
- Moody
- Destroys property
- Nitpicky
- Criticizes
- Yells
- Gaslights
- Put-downs
- Acts sullen
- Isolates survivor
- Drinks
- Withdraws affection

**Explosion**

**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

**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

**Honeymoon**

**Abusive Person’s Tactics**
- Begs for forgiveness/cries
- Sends flowers & gifts
- Promises to go to counseling/church/AA
- Wants to be intimate
- Enlists family support to reunite
- Declares love for survivor
- Promises abuse won’t happen again

**Tension Building**