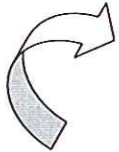


THE CYCLE OF VIOLENCE



'HOPE' IS DEVELOPED
-WANT TO BELIEVE
-SOME EMOTIONAL
NEEDS ARE MET

VICTIM ACCEPTS AND
EXCUSES BEHAVIOR
-TAKES THE BLAME
-DEVELOPS RESENTMENT



WHAT YOU MAY HEAR:

"I'M SORRY."
"I'LL NEVER DO IT
AGAIN."
"I'LL GET HELP."
"PLEASE DON'T LEAVE
ME."
"I NEED YOU."

HONEYMOON/CALM

THE ABUSE BECOMES
JUSTIFIED:

"I WOULDN'T HAVE HIT
YOU IF..."
"I WASN'T LIKE THIS
BEFORE I MET YOU."
"YOU ASKED FOR IT."

ABUSE

- 1) VERBAL
- 2) EMOTIONAL
- 3) PHYSICAL
- 4) SEXUAL

ONE OR MORE
MAY OCCUR.

-ACCEPT AS
"PUNISHMENT"
-BELIEVE IT IS
"DESERVED"
-PROTECT
OTHERS FROM
FOCUS OF
ABUSER

TENSION

FEELING AS IF:
"SOMETHING IS
GOING TO
HAPPEN"

- TRY TO
PREDICT
- TRY TO
PREVENT
- "WALKING ON
EGG SHELLS"
SET SELF UP FOR
FAILURE TRYING
TO BE "PERFECT"

ARGUMENTATIVE

AN ABUSIVE AND/OR CONTROLLING
PERSON:

- 1) WILL FIND SOMETHING TO
ARGUE ABOUT; AND
- 2) WILL NOT BE WRONG (EVEN IF
THEY ARE)