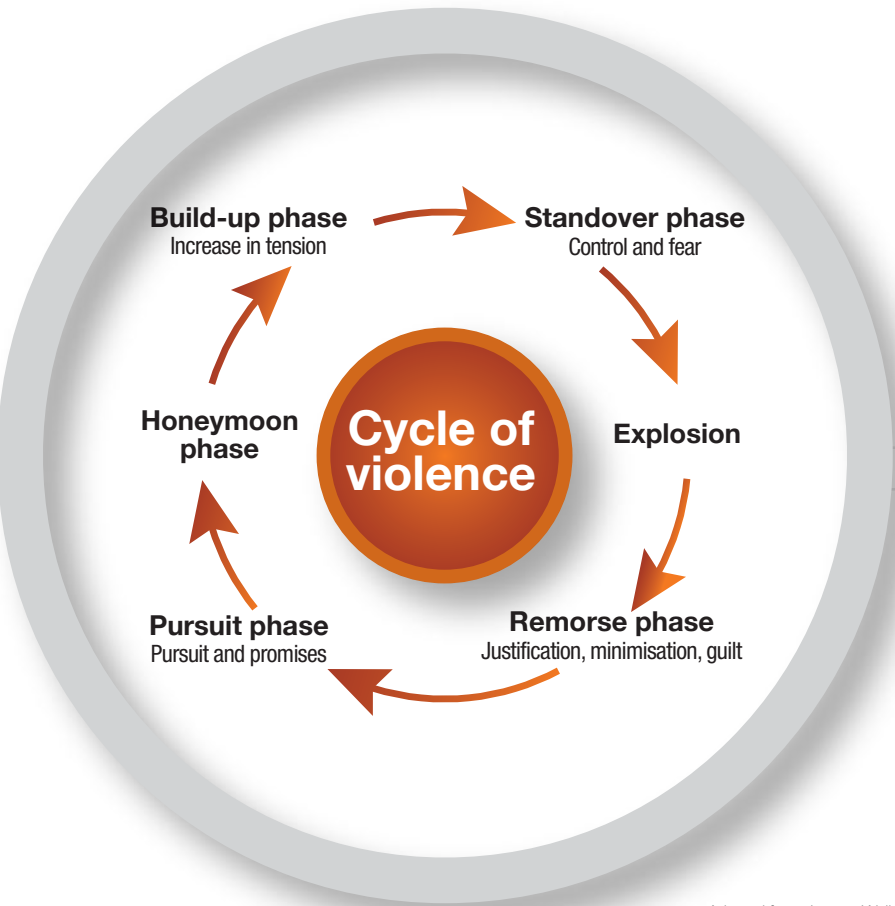


The cycle of violence

Many people who experience domestic violence describe the abuse that they endured as happening in a cycle, meaning that there seems to be a pattern that occurs.

Not all women experience the cycle of violence in the same way and a cycle can take place in a day, a week or over months. Some people may experience some stages of the cycle or not at all.





Build-up phase
Increase in tension

Standover phase
Control and fear

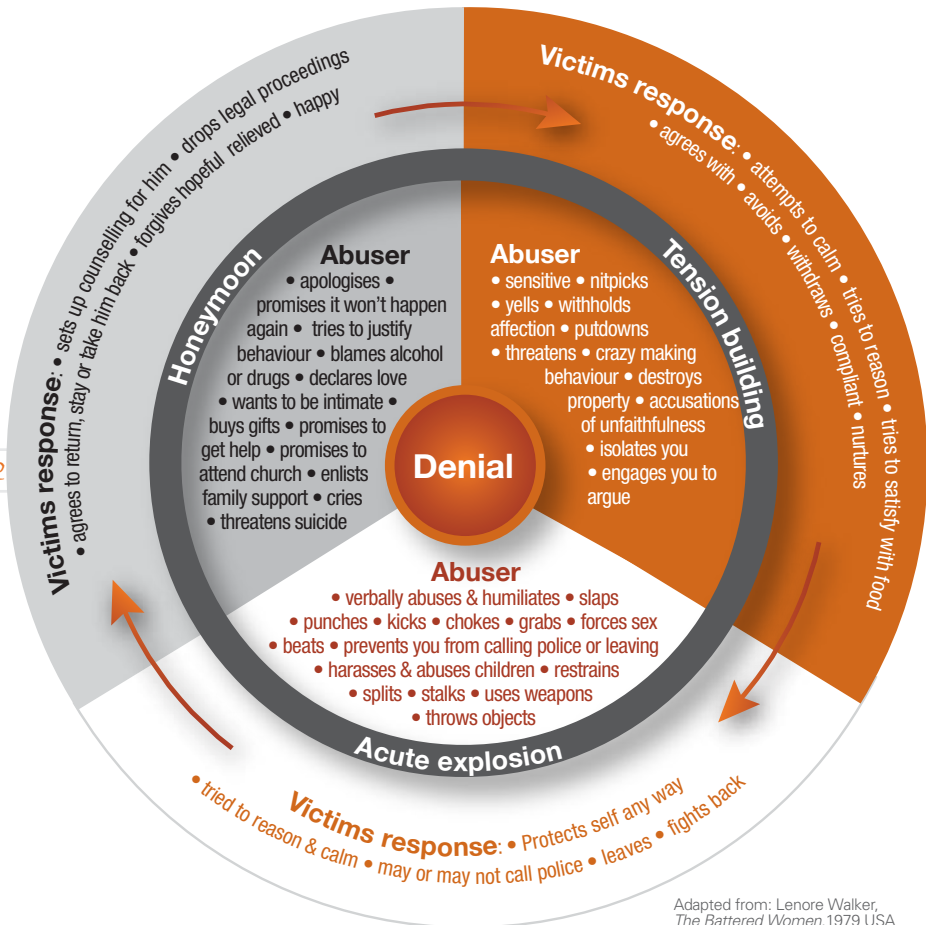
Honeymoon phase

Cycle of violence

Explosion

Pursuit phase
Pursuit and promises

Remorse phase
Justification, minimisation, guilt



The Build-up phase: Tensions escalate, abuse increases and behaviour is often volatile and unpredictable.

Stand over phase: The perpetrators behaviour escalates. You may feel frightened, that you are walking on egg shells and that anything you do will only worsen the situation.

Explosion: The explosion stage marks the peak of the violence or violent episode.

Remorse phase: The perpetrator may feel ashamed or remorseful about what they have done. They may retreat from the relationship and/or attempt to justify their actions.

Pursuit phase: In this stage the perpetrator may promise that they will never be violent again. They may become attentive, making promises to change or seek help, give gifts and seek your commitment to the relationship and to them. They may try to rationalise their behaviour, blame work or other stress, or offer to make changes or stop using drugs or alcohol.

Honeymoon phase: Both the victim and perpetrator in the relationship may now be in denial about the abuse and may have re-committed to the relationship. They may both choose not to consider the possibility that violence may occur again. After some time the honeymoon phase will end and the cycle will begin again.