CYCLE OF VIOLENCE ACUTE EXPLOSION Batterer *Hitting Victim *Choking *Protects Self *Humiliating *Police called by victim/ *Imprisonment *Rape neighbor/child TENSION BUILDING *Using Weapons *Tries to calm batterer *Verbal Abuse *Tries to reason Batterer *Destroys Property *Fights back *Moody *Leaves *Nitpicking *Put-downs DENIAL *Yelling *Drinking/Drugs HONEYMOON *Threatening Batterer *Withdraws Affection *"I'm sorry"/Begs forgiveness *Criticizes *Promises to get help/ *Sullen counseling/go to church *Enlists Family's Support Victim "I'll never do it again" *Nurturing *Wants to make love *Stays away from Family/Friends *Declares love *Cries *Keeps children quiet Victim *Agrees *Agrees to stay *Tries to reason *Returns or takes back batterer *Cooks partner's favorite dinner *Attempts to stop legal proceedings *Feeling of walking on eggshells *Sets up counseling for batterer *Attempts to soothe partner *Feels happy/hopeful