

Cycle of Abuse

What is the 'Cycle of Abuse'?

“The Cycle of Violence has been described as having three stages: the tension building stage; the violent episode; and the honeymoon stage. Each stage is defined by certain characteristics.” DVCC

Source: <https://dvcc.delaware.gov/training/training-resources/>

'Honeymoon Stage'

- “I love you; I’m sorry”
- “I was drunk”
- “Don’t leave me”
- “It’ll never happen again”
- “We can work it out; I’ll go for counselling”
- Begs for forgiveness
- Romance, gifts (flowers, jewelry)
- Quits drugs/alcohol
- Begs for forgiveness
- Regret and remorse
- Suicidal threats

Source: 'Envision Counselling & Support'

'Tension Building Stage'

- “Don’t push it”
- “If you loved me”
- Questioning and jealousy
- Withdrawing and sulking
- Silent Treatment
- Broken Promises
- Manipulation and mind games
- Blaming

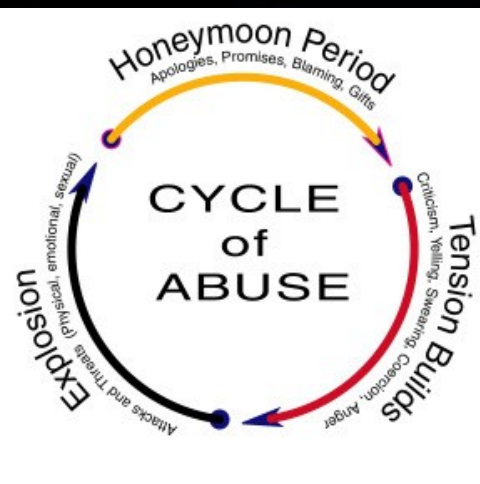
Source: 'Envision Counselling & Support'

<http://envisioncounsellingcentre.com/innerpage/resources/partner-abuse/cycle-of-abuse/>

'Explosion Stage'

- “You pushed me too far this time”
- “Why would you make me do this to you?”

Source: 'Envision Counselling & Support'



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