

CYCLES OF DOMESTIC VIOLENCE

Cycles of abuse refer to patterns that often occur in abusive relationships or situations. These patterns involve a repetitive sequence of behaviors that can perpetuate abuse over time. While the specifics can vary, there are generally three phases in the cycle of abuse: the tension-building phase, the acute or abusive phase, and the honeymoon phase.

Tension-building phase: In this phase, there is a gradual escalation of tension and conflict between the parties involved. Communication may become strained, and minor conflicts can occur more frequently. The victim often feels a sense of walking on eggshells, trying to avoid triggering the abuser's anger or frustration. During this phase, the victim might feel a growing sense of anxiety and fear.

Acute or abusive phase: This phase is characterized by an explosion of abusive behavior. It can involve emotional, verbal, physical, or sexual abuse. The abuser may lose control and use various tactics to exert power and control over the victim. This phase is often the most dangerous and harmful, as it's when the actual abuse takes place. The victim may feel helpless and frightened during this phase.

Honeymoon phase: After the abusive phase, the tension tends to subside. The abuser may feel remorse or guilt for their actions and may try to make amends. During this phase, they might apologize, promise to change, or shower the victim with affection and kindness. This phase can create confusion for the victim, who may want to believe that the abuser will change and that things will improve.

Following the honeymoon phase, the cycle typically begins again with the tension-building phase. Over time, the cycles of abuse can become more frequent and intense. The victim might become conditioned to the cycle, leading to a sense of learned helplessness and difficulty leaving the relationship.

It's important to note that not all abusive relationships follow this exact cycle, and the duration and severity of each phase can vary. Additionally, some abusive relationships might not have a clear honeymoon phase, making it more difficult for the victim to recognize the abusive pattern.

If you or someone you know is experiencing abuse, it's crucial to seek help and support. Reach out to friends, family, or professionals who can provide assistance and guidance. Do you know what the 3 phases in the domestic violence cycle are?

