## **CYCLE THEORY OF VIOLENCE**

Series of minor incidents, Insults, Name calling, Controlling behaviors escalate.

Phase #1 Tension Building Stage.

Victim - Compliant, Minimizes problems, Denies anger, Withdraws, Isolation.

<u>Batterer</u> - Controls more, Tension becomes intolerable, Experiences increased tensions, Increases threats, Takes more control.

Phase #2
Acute Battering.

Phase #3 Kindness and Loving Behavior.

**Denial** 

Victim - Helpless, Feels trapped, Traumatized

<u>Victim</u> - Has mixed emotions, Feels guilty, Feels responsible, Considers reconciliation. Batterer - Unpredictable, Claims loss of control, Highly abusive.

<u>Batterer</u> - Often apologetic and attentive, Manipulative, Promises change

AKA

THE HONEYMOON PHASE.

Court, Tension drops.

Increased stress and injury, Loss of control.