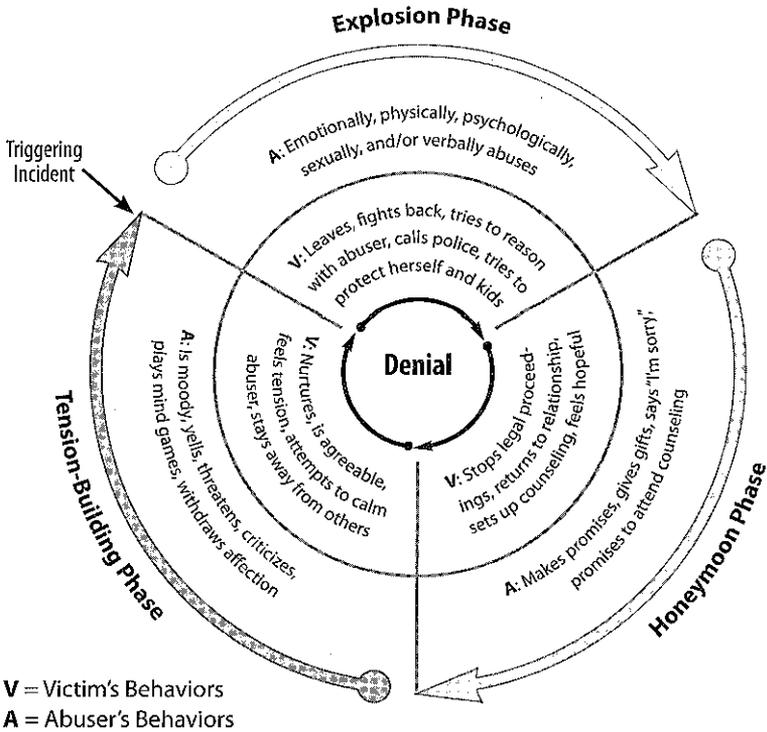


Appendix E

Cycle of Abuse



Cycle of Abuse

Below is an extended list of behaviors an abuser or a victim might display during each phase of the cycle of abuse.

	Tension-Building Phase	Explosion Phase	Honeymoon Phase
ABUSER	<ul style="list-style-type: none"> • Nitpicks • Is moody • Uses put-downs • Yells • Threatens • Criticizes • Plays mind games • Intimidates • Isolates victim • Destroys property • Withdraws affection • Blames victim • Embarrasses victim • Argues 	<ul style="list-style-type: none"> • Physically abuses • Sexually abuses • Psychologically abuses • Verbally abuses • Emotionally abuses • Spiritually abuses • Uses weapon • Hits • Chokes • Humiliates • Rapes • Beats • Withholds money 	<ul style="list-style-type: none"> • Makes promises • Sends flowers • Gives gifts • Declares love • Cries • Says "I'm sorry" • Blames others • Blames outside stress • Begs for forgiveness • Wants to make love • Says "I'll never do it again" • Enlists family support • Promises to attend counseling
VICTIM	<ul style="list-style-type: none"> • Nurtures • Is agreeable • Feels tension • Walks on eggshells • Tries to reason with abuser • Attempts to calm abuser • Becomes anxious • Stays away from others • Tries to appease abuser 	<ul style="list-style-type: none"> • Leaves • Fights back • Tries to reason with abuser • Calls police • Tries to protect herself • Tries to protect the kids • Placates 	<ul style="list-style-type: none"> • Stops legal proceedings • Returns to relationship • Sets up counseling • Agrees to stay • Feels happy • Feels hopeful