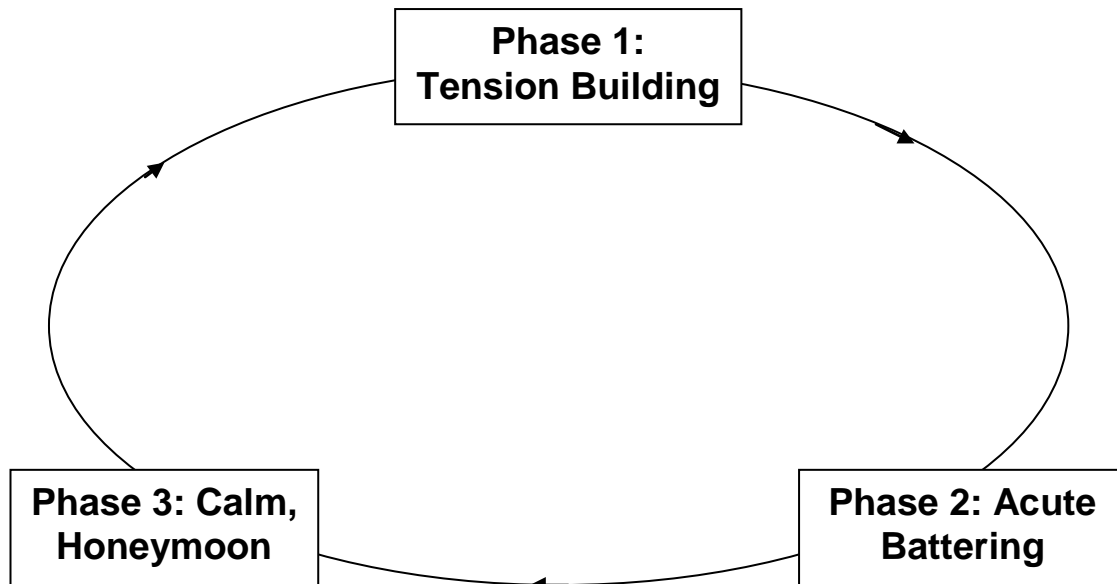


# CYCLE OF VIOLENCE



## PHASE 1: TENSION BUILDING

The need for power and control, a history of family violence, and learned behavior are some factors underlying battering behavior. For some batterers, Phase One begins with anger, blaming, and increased tension.

## PHASE 2: ACUTE BATTERING

This may be a one-time slap, push, or punch, or it may be hours of repeated beatings and ritualistic terror, with objects or weapons used to further injure or threaten the victim's health. Sometimes sexual abuse is also present.

## PHASE 3: CALM, HONEYMOON

The batterer may deny or minimize the battering, saying he/she is sorry, asking forgiveness, and promising never to hit again, or he/she may blame the victim for causing him/her to "lose his/her temper."

Each time the Cycle is repeated, the violence gets worse. The end result can be death.

If someone you know is caught in the Cycle, call for help. Rape and Abuse Crisis Service Hotline: 1-800-303-0013.