

CALM
Incident is "forgotten"
No abuse is taking place
Victim feels abuser has changed

HONEYMOON

Gifts
Apologies
Compliments
Promise of change
Marriage proposal

**THE
CYCLE
OF
VIOLENCE**

**TENSION
BUILDING**
Threats Insults
Fault finding
Gaslighting
Controlling behavior
Accusations of cheating

EXPLOSION
Throwing things
Destroying property
Physical restraint
Physical or sexual assault

