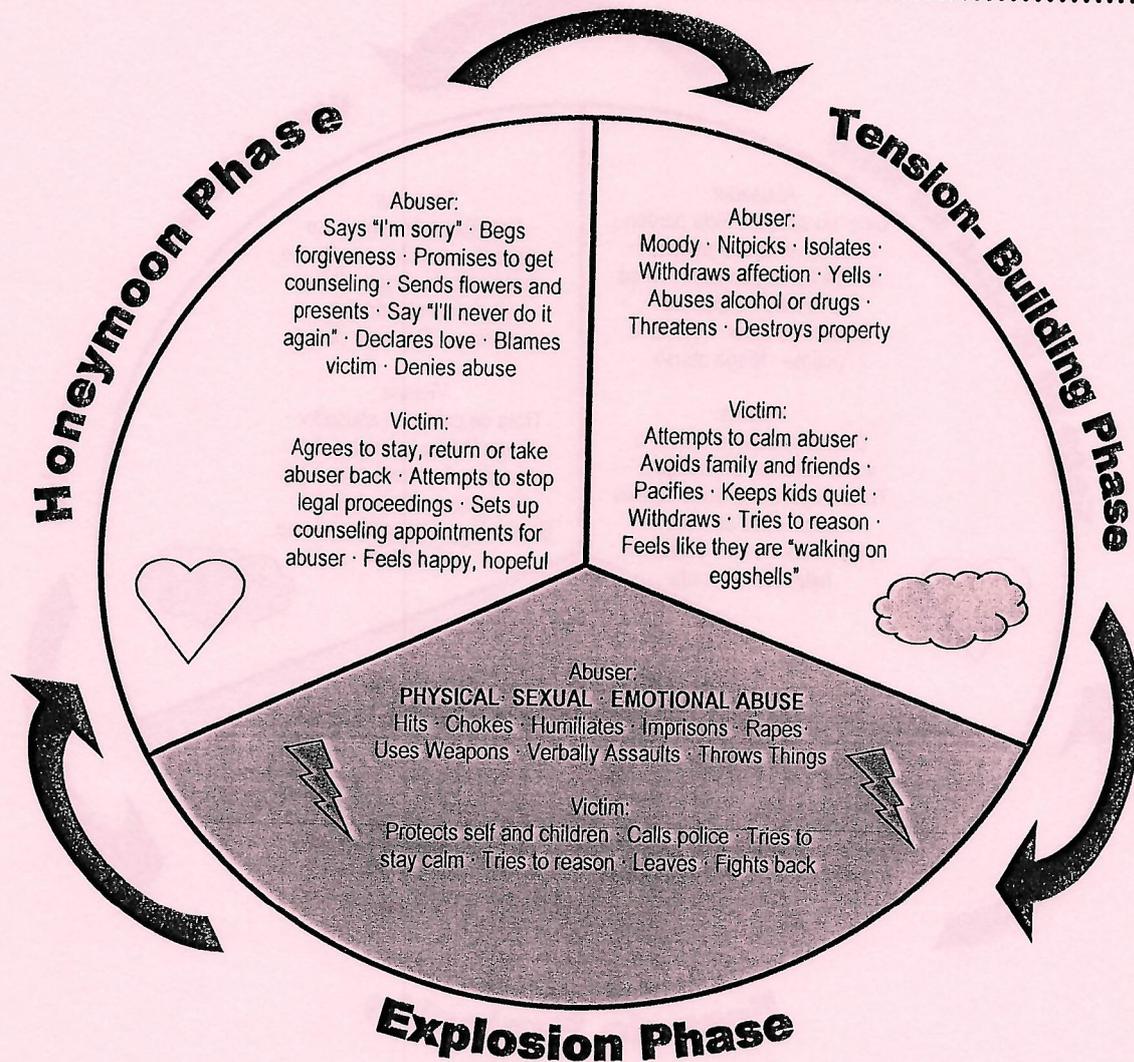


Cycle of Abuse

The cycle of abuse is a reoccurring pattern of behavior frequently seen in abusive relationships. Within the cycle, an abuser swings between affectionate, remorseful, and calm behavior to periods of tension that grows into physical, sexual or emotional abuse. The cycle of abuse can happen hundreds of times in an abusive relationship. Each stage lasts a different amount of time, though abusive incidents tend to occur more frequently and become more severe over time. Often, as time goes on, the honeymoon stage will disappear altogether. It is important to note that not all abusive relationships will fit this pattern.



Cycle of Abuse Over Time

