



Cycle of Violence

TENSION BUILDS

- Man may begin to get angry, agitated
- Woman is anxious and fearful that violence may begin
- Woman tries to keep man calm
- Woman behaves cautiously



CALM PHASE

- Man may apologize, promise to change
- Man may buy gifts, behaves lovingly
- Woman is least likely to leave during this time
- Woman may 'forgive' man and believes that he will change



CONFLICT EPISODE

- Man loses control, blames woman for provoking him
- Man may deny or minimize abuse
- Woman may be very frightened or emotionally numb
- Woman may flee and decide to leave

Adapted from Lenore Walker, The Battered Woman, New York: Harper and Row, 1979.

