The majority of IPV survivors will leave an abusive partner **7-12 times** before they leave for the last time.

**Crisis Phase**
- The blow up
- Worse than before
- Threats
- Destruction
- Fear for your or your child’s safety
- Drug and/or alcohol abuse

**Tension Phase**
- Walking on eggshells
- Everything has to be perfect
- Always worrying or in fear of what if
- Feeling “something” is about to happen

**Calm Phase**
- The person you fell in love with
- Never happen again
- I’ll get help
- I love you