

Cycle of Violence

Crisis Phase

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

Calm Phase

- The person you fell in love with
- Never happen again
- I'll get help
- I love you

The majority of IPV survivors
will leave an abusive partner

7-12 times

before they leave
for the last time

Tension Phase

- Walking on eggshells
- Everything has to be perfect
- Always worrying or in fear of what if
- Feeling "something" is about to happen