

ABUSE OCCURS

- Physical
- Sexual
- Emotional

TENSION-BUILDING

- Abuser starts to get angry
- Minor incidents of abuse begin
- Communication breaks down
- Victim feels the need to keep the abuser calm
- Tension becomes too much
- Victim/family members feel like they are "walking on egg shells"

RECONCILIATION/ MAKING-UP

- Abuser apologizes for abuse, promises it won't happen again
- Blames victim for provoking the abuse
- Denies the abuse took place or says it wasn't as bad as the victim claims
- Gives gifts to the victim

CALM

- Abuser acts like the abuse never happened
- No abuse is taking place
- Some promises made during the reconciliation/making-up phase are being met
- Victim hopes the abuse is over