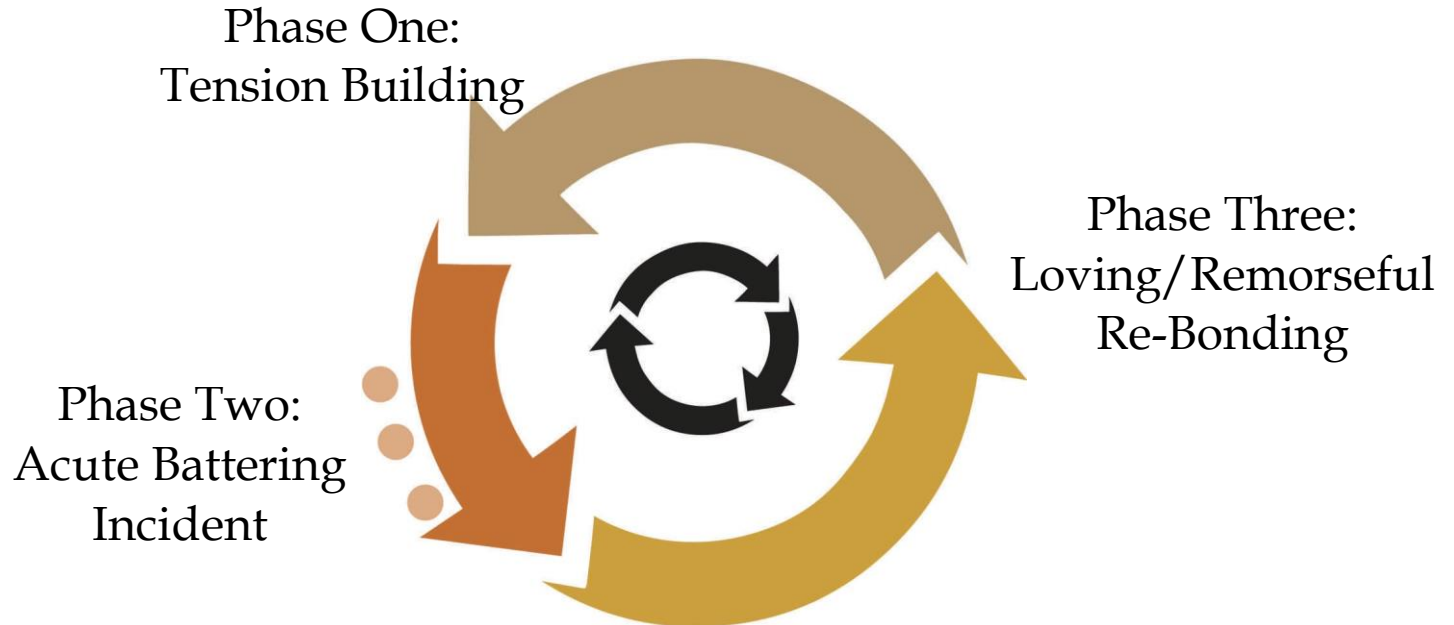


# THE CYCLE OF BATTERING



## Phase One - Tension Building

Victim is nurturing and compliant. (S)he covers up for batterer's behavior with friends and family. Victim continues to "do his or her job well" and accepts full blame for any problems. Victim tries to keep the peace and compromises and manipulates to keep batterer non-violent. Batterer's behavior begins to escalate, becoming increasingly jealous, verbally abusive and may slap. Batterer eventually begins to lose control and so does victim. Rapid increase in tension.

## Phase Two – Acute Battering Incident

Rapid increase in tensions. Batterer's rage is out of control and they both accept this. The victim can no longer tolerate the terror, anxiety and anger (s)he feels. At this stage the victim will sometimes "push it" to get the inevitable over with. Batterer becomes brutally jealous and verbally abusive. Abuse can continue even after serious injury has occurred. At this point the victim simply waits it out. It has been reported that victims sometimes disassociate from their bodies and feel nothing. Extreme high tolerance for pain is not abnormal.

## Phase Three – Loving/Remorseful Re-Bonding

Both welcome Phase Three. Batterer is extremely loving and kind, often begging for forgiveness and making promises to change. Batterer convinces victim and everyone (including self) that (s)he means it. At the same time batterer believes the victim has learned a lesson. The victim wants to and does believe the batterer and they rebound in warmth and intimacy.

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