Cycle of Violence

**ABUSER'S ACTIONS**
- Is moody
- Isolates victim
- Withdraws affection
- Yells
- Drinks/drugs
- Threatens
- Criticizes
- Is sullen
- Tension builds

**VICTIM'S RESPONSE**
- Protects self any way you can
- Police called by you, children, or neighbor
- Tries to calm abuser
- Tries to reason
- Leaves
- Fights back

**ABUSER'S ACTIONS**
- Attempts to calm abuser
- Nurturing
- Silent/talkative
- Stays away from family and friends
- Keeps children quiet
- Agrees
- Tries to reason
- Cooks abuser's favorite food
- Has general feeling of "walking on eggshells"

**VICTIM'S RESPONSE**
- Agrees to stay, return, or take abuser back
- Attempts to stop legal proceedings
- Sets up counseling
- Feels happy, hopeful

**ABUSER Acts**

**Abuser Acts Remorseful**

**Tension Builds**