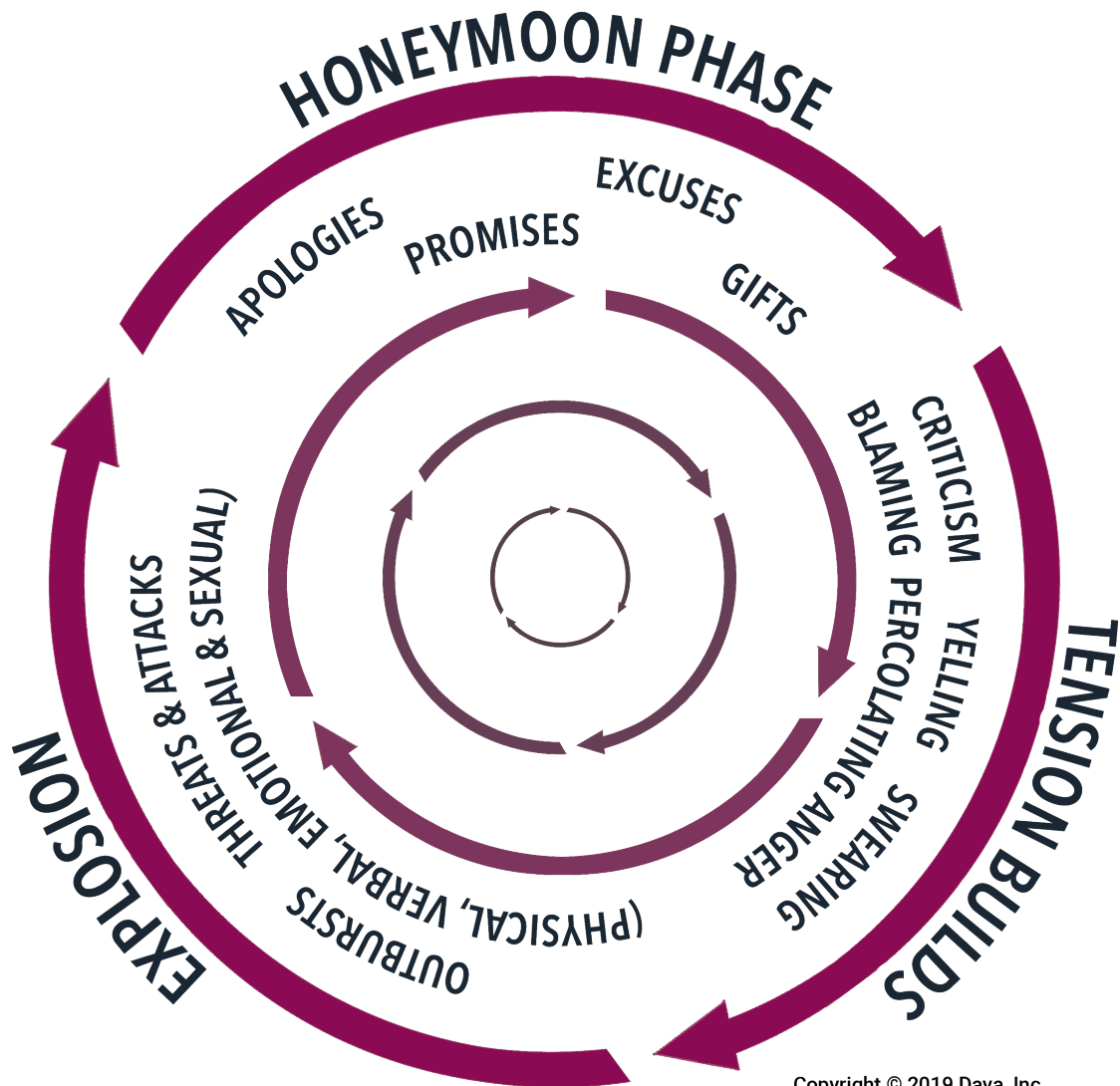


Cycle of Abuse

The diagram below helps us understand the different phases which typically occur in abusive relationships. Most abusive relationships display a **distinct pattern**, known as the Cycle of Abuse. Abuse is rarely constant but alternates between the: **tension building**, **explosion**, and **honeymoon** phases. Not all relationships follow the same cycle, and individual experiences vary, some stages - especially the honeymoon phase - may shorten or be left out completely, especially as the abuse intensifies over a period of time.



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