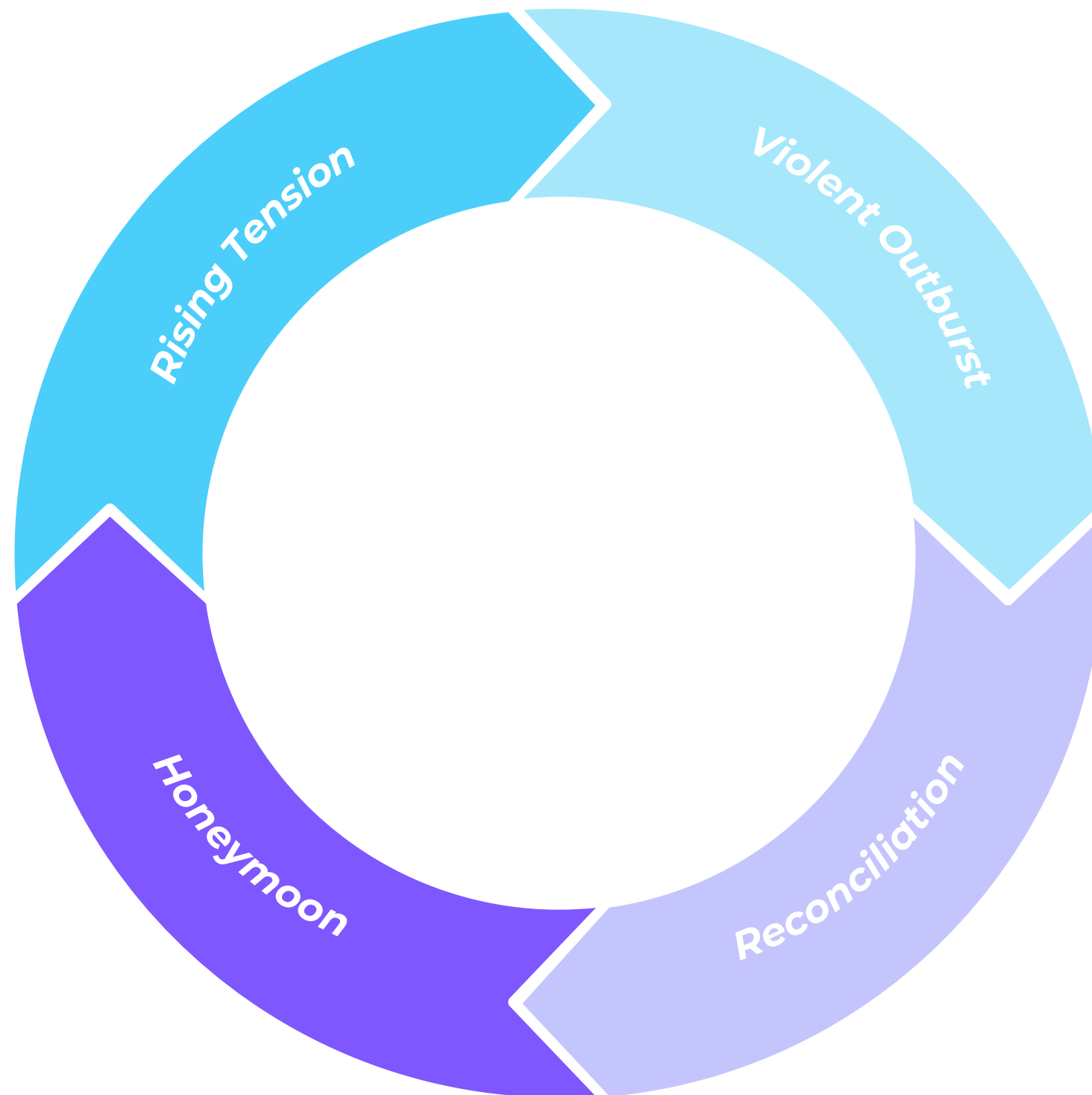




THE CYCLE OF DOMESTIC VIOLENCE





Rising Tension

 **Abuser:** Uses threats, devaluation, heavy silences, and menacing looks. Creates a tense atmosphere.


 **Victim:** Feels worry, anxiety, self-doubt, and fear of making mistakes. Adjusts their behaviour to avoid displeasing others.


Violent Outburst

 **Abuser:** Uses verbal, psychological, physical, economic, and sexual aggression to create a climate of fear.


 **Victim:** Feels powerless, ashamed, humiliated, unjustly treated, and angry. There is a risk of deterioration in physical and mental health.


Honeymoon

 **Abuser:** Shows remorse, is attentive, apologizes. May mention therapy or suicide and promises not to repeat the behaviour.

 **Victim:** Feels hopeful, gives a second chance, wants to help, and believes this will be the last episode of violence.

Reconciliation

 **Abuser:** Makes excuses, downplays the violence, and blames the victim.

 **Victim:** Feels guilty, tries to understand and forgive, and feels responsible for the violence.

THE CYCLE OF DOMESTIC VIOLENCE



This tool outlines the cycle of intimate partner violence in four stages. This process, which intensifies and accelerates over time, helps explain why the victim may stay with or return to their abuser. Understanding these stages is essential for grasping the complexities of intimate partner violence and the reactions of those involved.

Rising Tension: The abuser is stressed and behaves in ways that create a tense atmosphere. They may use threats, belittle the victim, maintain heavy silences, or give menacing looks. The victim feels anxious and worried, doubts themselves, and fears making mistakes, leading them to change their behaviour to avoid upsetting the abuser.

Violent Outburst: The abuser engages in acts of verbal, psychological, physical, economic, and/or sexual violence, creating a climate of fear. The victim feels powerless, ashamed, and humiliated, experiencing a sense of injustice and anger. Their health may also be affected.

Reconciliation: The abuser makes excuses for their behaviour, downplays the violence, and may even blame the victim. The victim tries to understand and forgive, but feels a deep sense of guilt and starts to believe they are responsible for the violence.

Honeymoon: The abuser shows remorse, is attentive, and apologizes. They might discuss therapy or suicide and promise to change. The victim feels hopeful, gives the abuser another chance, and believes this episode of violence will be the last.

Source : <https://infos-violences-femmes-bordeaux.fr/jai-besoin-daide/suis-je-concernee/>