

LOPE'S DOOR *Embracing Life Free From Domestic Abuse*

Cycle of Abuse

Calm

Incident is "forgotten," no abuse is taking place.

Tensions Building

Tensions increase, breakdown of communication,victim becomes fearful and feels the need to placate the abuser.

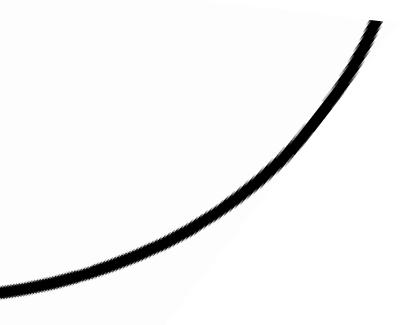


Incident

Verbal, emotional & physical abuse. Anger, blaming, arguing. Threats. Intimidation.

Reconciliation

Abuser apologizes, gives excuses, blames the victim, denies the abuse occurred, or says that it wasn't as bad as the victim claims.



Hope's Door Free and Confidential 24-hour Hotline (888) 438-8700