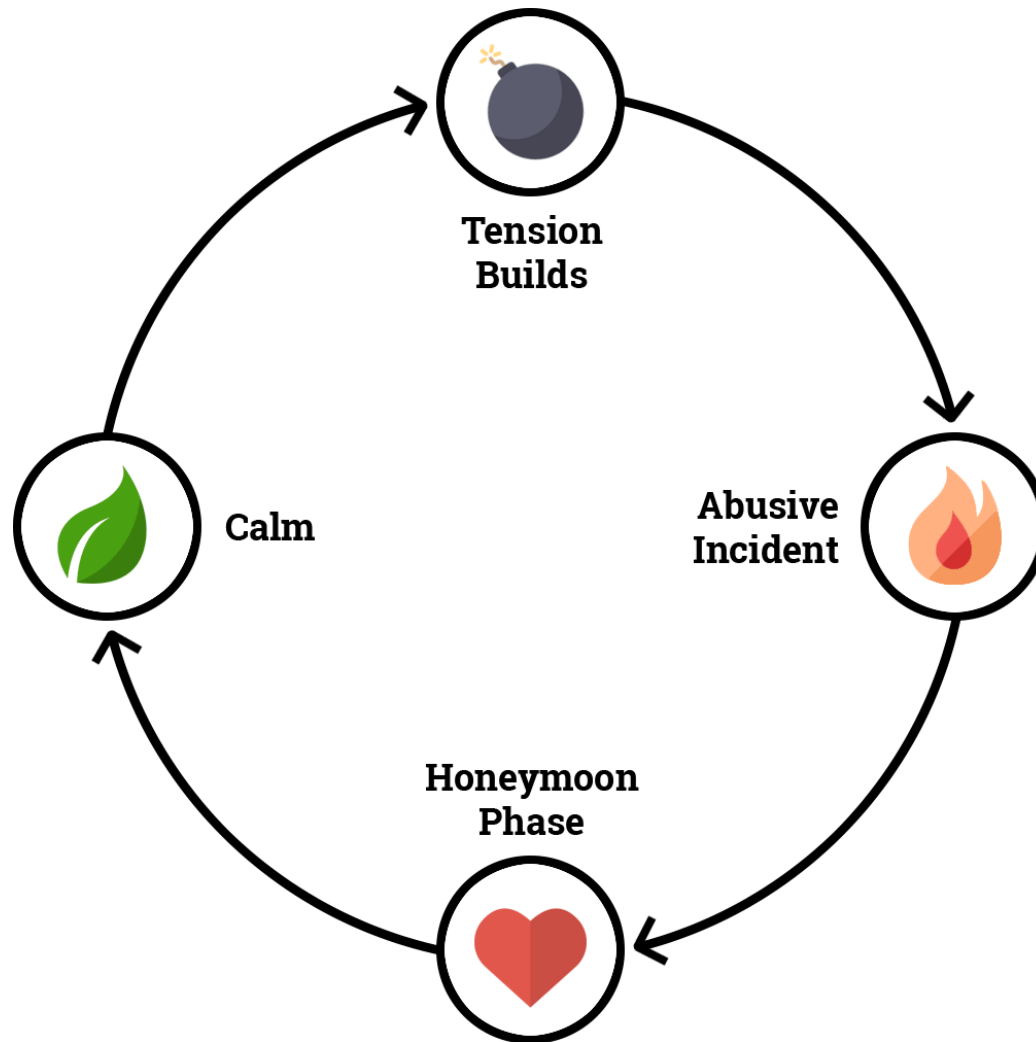


The Cycle of Abuse



💣 Tension Builds

Stress begins to grow from the pressures of daily life, or other points of conflict. The victim may attempt to reduce tension by complying with the abuser.

🔥 Abusive Incident

Verbal, emotional, physical, or sexual abuse occurs. This includes anger, intimidation, threats, and other forms of abuse.

❤️ Honeymoon Phase

The abuser apologizes, shows remorse, and often begs for forgiveness. They may shower the victim with love and affection, and promise that the abuse will never happen again.

🌿 Calm

The relationship enters a period of calm where the abuse stops or slows. The abuser may continue to ask for forgiveness, or make positive gestures, but these tend to reduce in sincerity over time.