

Tensions Building

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

Calm

Incident is "forgotten", no abuse is taking place.The "honeymoon" phase.

Incident

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

Reconciliation

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

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