

# Cycle of Violence

As the cycle repeats, the violence may become more severe. Each time the cycle happens, the less time it takes to reoccur.

The theory that domestic violence occurs in a cycle was developed in 1979 by Lenora Walker as a result of a study conducted in the United States.

## **INCIDENT OF ABUSE**

Physical |
Sexual | Emotional
Financial | Verbal Abuse
| Intimidation/Threats |
Stalking | Humilitation |
Imprisonment |
Isolation | Threatening
to or injuring pets |
Destruction of property

### TENSION BUILDS

Abuser starts nitpicking | Minor
incidents of abuse
begin | Communication
breaks down | Victim
or family members feel
like they are 'walking
on eggshells' | Victim
tries to keep abuser
calm | Victim becomes
fearful and withdraws

#### **RECONCILITIATION**

Abuser apologises |
Abuser asks for
forgiveness | Abuser
makes excuses | Abuser
promises it won't
happen again | Abuser
blames the victim |
Abuser denies abuse |
Abuser downplays the
abuse | Abuser tries to
'make up' for behaviour

# HONEYMOON PERIOD

No abuse takes place | Pretend abuse never happened | Victim hopes the abuse is over | Things appear calm | Victim in denial

Adapted from: Lenore Walker, The Battered Women, 1979 USA