Dating/Domestic Violence Basics:

Cycle of Violence

- 1 -
The Honeymoon Phase

A time of bliss. May also include "making up" or promises to change. It is easy to only remember this part of a relationship. This phase often will disappear with time.

- 2 -
Tension-Building Phase

Marked by jealousy, isolation, control, and/or minor emotional/physical abuse. You might feel growing tension, but believe it will pass. This is the longest-lasting phase.

- 3 -
Violence or Explosion Phase

Often the shortest, marked by a particularly bad blow up— your partner verbally or physically abuses you. Over time, this stage will begin to occur more frequently and more intensely.

As the cycle continues, incidents tend to become more frequent and more severe.