

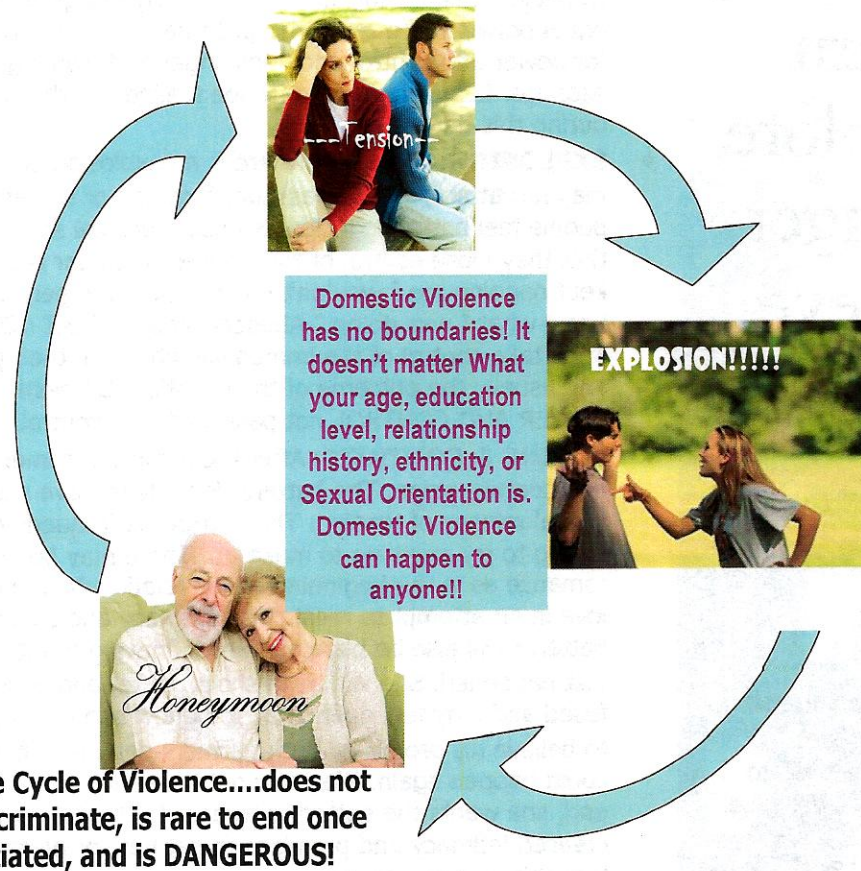


The Cycle of Violence...Continued

After a while, the loving stage fades again and we start around the circle once more. They both may believe that it will never happen again, that it was a one-time occurrence. The couple convinces themselves that each incident is isolated and unrelated to the next. There are two things we know about the cycle:

- Without intervention, this cycle does not get better; it actually becomes more frequent. The violence escalates over time.
- Without intervention, the abuse gets worse, and the loving and contrite stages are less apologetic. Eventually, the loving and contrite stage drops out entirely. When crisis callers describe a cycle of violence with no loving and contrite stage, we know she is probably in a great deal of danger.

Know
Needs
Options
Warnings
Learn
Explore
Danger
Grieve
Empower



Information Taken from:

Alternatives to Domestic Violence,
800-339-SAFE
(951) 683-0829

<http://alternativestodv.org>