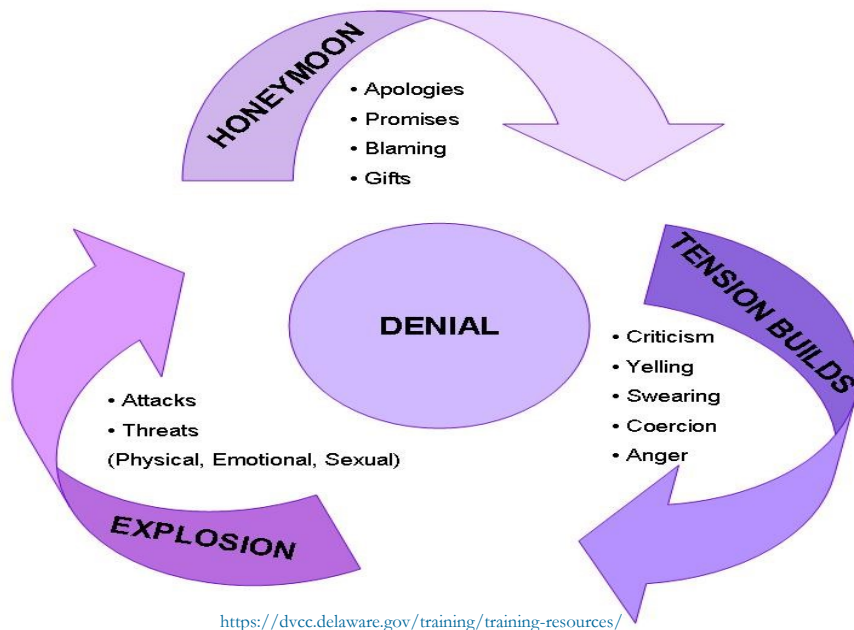


CYCLE OF DOMESTIC VIOLENCE



- TIME VARIES IN EACH PHASE
- VIOLENCE ESCALATES
- SELF ESTEEM FOR ALL INVOLVED DECREASES



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Cycle of Domestic Violence

by
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*When individuals are in crisis,
they turn to sources and resources they hope will help them.
Many of them will turn to the church.*

*If they do not find it helpful, they turn away from the church,
and we lose the opportunity to fulfill the mission of Christ:*

*“To preach the gospel to the poor, heal and bind up the
broken-hearted, proclaim liberty to the captives,
recovery of sight to the blind
and set at liberty those who are bruised.”*

-Isaiah 61:1 and Luke 4:18



Cycle of Domestic Violence

“I believe that there is a devil, and here’s Satan’s agenda:

First, he doesn’t want anyone having kids.

Secondly, if they do conceive, he wants them killed.

If they’re not killed through abortion, he wants them neglected or abused physically, emotionally, sexually...

One way or another, the legions of hell want to destroy children because children become the future adults and leaders.

If they can warp or wound a child,

he or she becomes a warped or wounded adult

who passes on this affliction to the next generation.”

-Terry Randall *Time Magazine*, October 21, 1991

Statistics indicate that 85% of victims are female. *Bureau of Justice Statistics Crime Data Brief, Intimate Partner Violence, 1993-2001, February 2003*. Therefore for clarity victims are referred to as “she/her/victim” and abusers/perpetrators are referred to as “he/his/him.” However keep in mind that ANY-ONE can be a victim or abuser.

Phase 1 – Tension Building

1. During this phase, minor battering incidents occur. The victim often attempts to calm the abuser, trying to meet his every whim. Victim becomes compliant or stays out of his way. Not only does she stay in the environment, but she believes she can stop his anger.
2. The victim is not interested in reality, but wishes to stop the abuse. She denies her own anger and rationalizes the situation. She tries to control events and other people in the environment around the abuser, trying to avoid all incidents that might provoke an attack.
3. Tension may be with the family (finances, health problems, children, etc.) or from the environment (employment or unemployment, family members, isolation, etc.). Even activities that appear to be positive, as a new baby, promotion at work, etc., causes added stress.
4. She may postpone the violence, but can’t prevent it. If there are no outlets for frustration or ways to cope with built-up anger, tension will build to explosion by the abuser.

Phase 2 – Acute Battering Incident

1. In the tension building phase, there is a point where the victim can no longer control the environment. The process ceases to respond to controls and predictability. Both abuser and victim realize the attack and release of tension, which has been building, is inevitable.
2. The abuser usually accepts the fact that his rage is out of control. He starts by being able to justify his behavior for himself, and in the actual incident, doesn’t understand what has happened.

3. This phase is usually set off by an external event, or internal state of the abuser.
4. The victim sometimes provokes a phase two incident to get it over with... not because she enjoys the beating, but because the tension becomes unbearable. When this happens, they could have been together long enough to recognize some sort of cycle to the battering. The victim knows what will follow phase two.
5. This phase is briefer than the first or third phases and usually occurs in private. Lack of control or predictability characterizes this phase.
6. The attacks are of a serious nature. Reasoning with the abuser or silence may anger him more. He often cannot stop the attack, even when the victim is seriously injured. This is commonly the phase in which police are called, church members and leaders are contacted and/or death occurs. **THIS IS THE TIME FOR INTERVENTION!** After the attack, the cycle moves into phase three

Phase 3 – Honeymoon

1. The tension built up in phase one and released in phase two is gone. This is a period of calm that is welcomed by both victim and abuser.
2. The abuser exhibits charming loving, kind and contrite behaviors (Jekyll/Hyde). He believes that he will never again hurt his victim, because he has taught her a lesson. He convinces everyone that he is sincere. He often begs for forgiveness. He is so charming, the victim easily believes she is seeing the real or new him. He often runs up bills on expensive presents. Victim is most vulnerable now and has false sense of hope, because she wants to believe him. She is most apt to feel isolated during this phase. She is often feeling lonely, angry, frightened and hurt.
3. If the victim gets away, in response to her escape, the abuser intensifies his attempts to contact her. He begs for forgiveness, and makes several promises. The abuser seeks help (counseling, religion), thinking it will enable him to get her back and often enlists friends, relatives, anyone (including church members and pastors) to help him hold onto the victim. Because they believe his sincerity, they often work to get the couple back together and make the victim feel guilty for leaving. If the victim returns home too soon, he ends counseling, stops going to church, and the battering continues as the relationship renews itself.
4. When the victim stays through this phase, lovemaking is intense and bonds them together.
5. When this phase is complete, the couple move back into phase one and repeats the cycle.



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