### Domestic Violence Resources: The Cycle of Violence

#### Phase One: Tension Building
- Batterer experiences increased tension
- Victim minimizes problems
- Batterer increases threats
- Victim withdraws
- Batterer controls more
- Tension becoming intolerable
- Victim feels like they are walking on eggshells
- Poor communication

#### Phase Two: Abusive Incident
- Batterer unpredictable; believes he is losing control
- Victim is helpless; feels trapped
- Batterer highly abusive, incident occurs
- Incidence of violence or threat occurs
- Victim traumatized
- Batterer blames victim
- Batterer promises change
- Victim often recants/minimizes abuse

#### Phase Three: Honeymoon Period
- Batterer is loving, apologetic and attentive
- Victim has mixed feelings
- Batterer is manipulative
- Victim feels guilty and responsible
- Batterer promises change
- Victim considers reconciliation
- Victim often recants/minimizes abuse

---

Office of the Kansas Attorney General  
Jacqie Spradling, Domestic Violence Unit Director  
120 SW 10th Avenue, 2nd Floor  
Topeka, KS 66612-1597  
785-368-8404  
jacqie.spradling@ksag.org  
www.ksag.org