

CYCLE OF VIOLENCE



Many people who experience domestic violence describe the abuse that they endured as happening in a cycle, meaning that there seems to be a pattern that occurs. Developed by Dr Lenore Walker in the United States in 1979, the cycle of Violence illustrates the cyclical nature of abuse and helps to explain how the pattern of behaviour of a person using domestic violence can change.

CYCLE OF VIOLENCE

THE BUILD-UP PHASE

Tension escalates, you try to understand why and make changes to avoid conflict.

STANDOVER PHASE

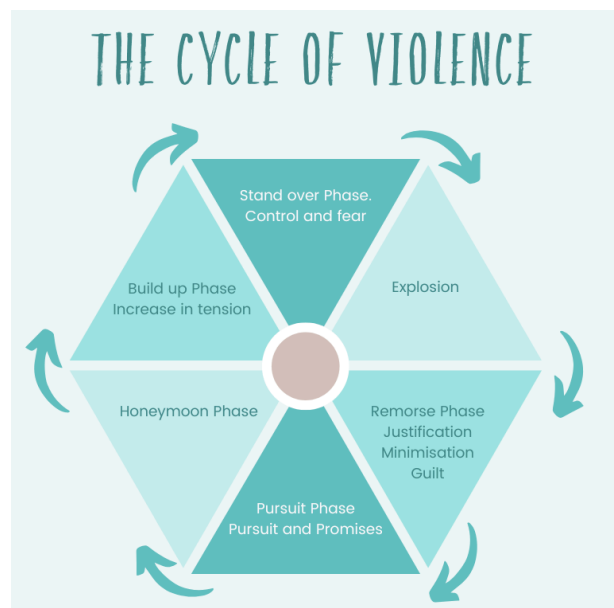
The perpetrators behaviour escalates. you may feel frightened, that you are walking on eggshells and that anything you do will only worsen the situation.

EXPLOSION

The explosion stage marks the peak of the violence or violent episode. This stage can be loud and chaotic but behaviours can also be withdrawal of affection or the silent treatment.

PURSUIT PHASE

In this stage the perpetrators may promise that they will never be violent again. They may become attentive, making promises to change or seek help, give gifts and seek your commitment to the relationship and to them. They may try to rationalise their behaviour, blame work or other stress, or offer to make changes or stop using drugs or alcohol.



HONEYMOON PHASE

Both the victim and perpetrator in the relationship may now be in denial about the abuse and may have re-committed to the relationship. They may both choose not to consider the possibility that violence may occur again.

After some time the honeymoon phase will end and the cycle will begin again.

IF YOU ARE IN IMMEDIATE DANGER, PHONE 000 AND ASK FOR THE POLICE AND/OR AN AMBULANCE

1800 RESPECT

is the 24-hour national domestic, family and sexual violence counselling, information and support service. Call 1800 737 732.

LIFELINE

is a non-profit organisation that provides free, 24-hour telephone crisis support service in Australia. Call 13 11 14

Call **GOT YOUR BACK SISTA** on 02 4989 2777 during business hours to book an appointment with our Support Team or receive information and advice.