



## NOTE TO FACILITATOR

**Phase One: Tension Building - Lasts from days to several months, with no violence.**

### **Batterer:**

- fears abandonment and uses abuse to control partner
- blames partner for problems
- often jealous

### **Victim:**

- thinks she deserves it
- minimizes her pain
- feels like she is walking on "eggshells"
- takes responsibility for fixing relationship

**Phase Two: Violent Episode - Violence occurs now and may last for hours or 2-3 days.**

### **Batterer:**

- extreme rage
- desires to "teach her a lesson"
- out of control
- irrational

### **Victim:**

- feels terrified
- may allow herself to express her own anger by fighting back
- afterwards, feels depressed and helpless

**Phase Three: The Honeymoon - This is a kind and loving period, also called "hope" or "hook" phase.**

### **Batterer:**

- feels guilty and sad
- may cry and beg for forgiveness
- promises to change
- may appear to be loving and kind

### **Victim:**

- feels happy and hopeful
- feels sympathetic toward her partner

Note: This does not always occur in a perfect cycle. Sometimes the abuse skips stages or goes back and forth between stages.