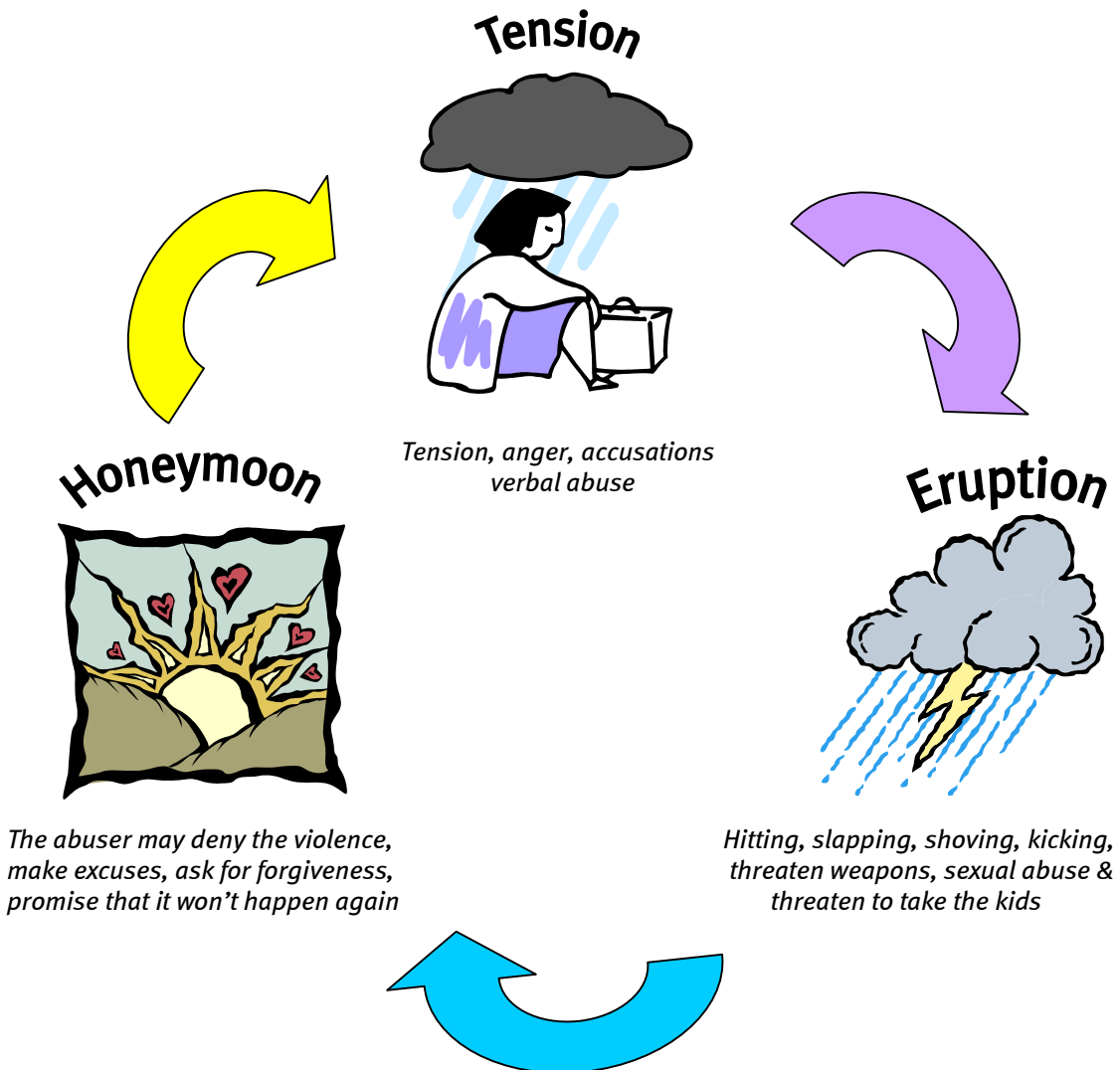




THE CYCLE OF VIOLENCE

In many relationships that turn violent, it is common for the first attack to appear as an isolated incident. However, after the violence begins, it can often spiral into a pattern or cycle:



When the violence continues, unfortunately the victim begins to minimize the abuse. In many abusive relationships, the honeymoon period becomes shorter with time. The victim's self-will and self-esteem has almost completely diminished. The abuser's control has begun to overpower the victim so that he no longer needs to make promises of stopping the abuse.