



Handout

The Cycle of Abuse

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You are worthy of love, respect, and safety. You deserve to be in a relationship that uplifts and empowers you and where fear and pain have no place.

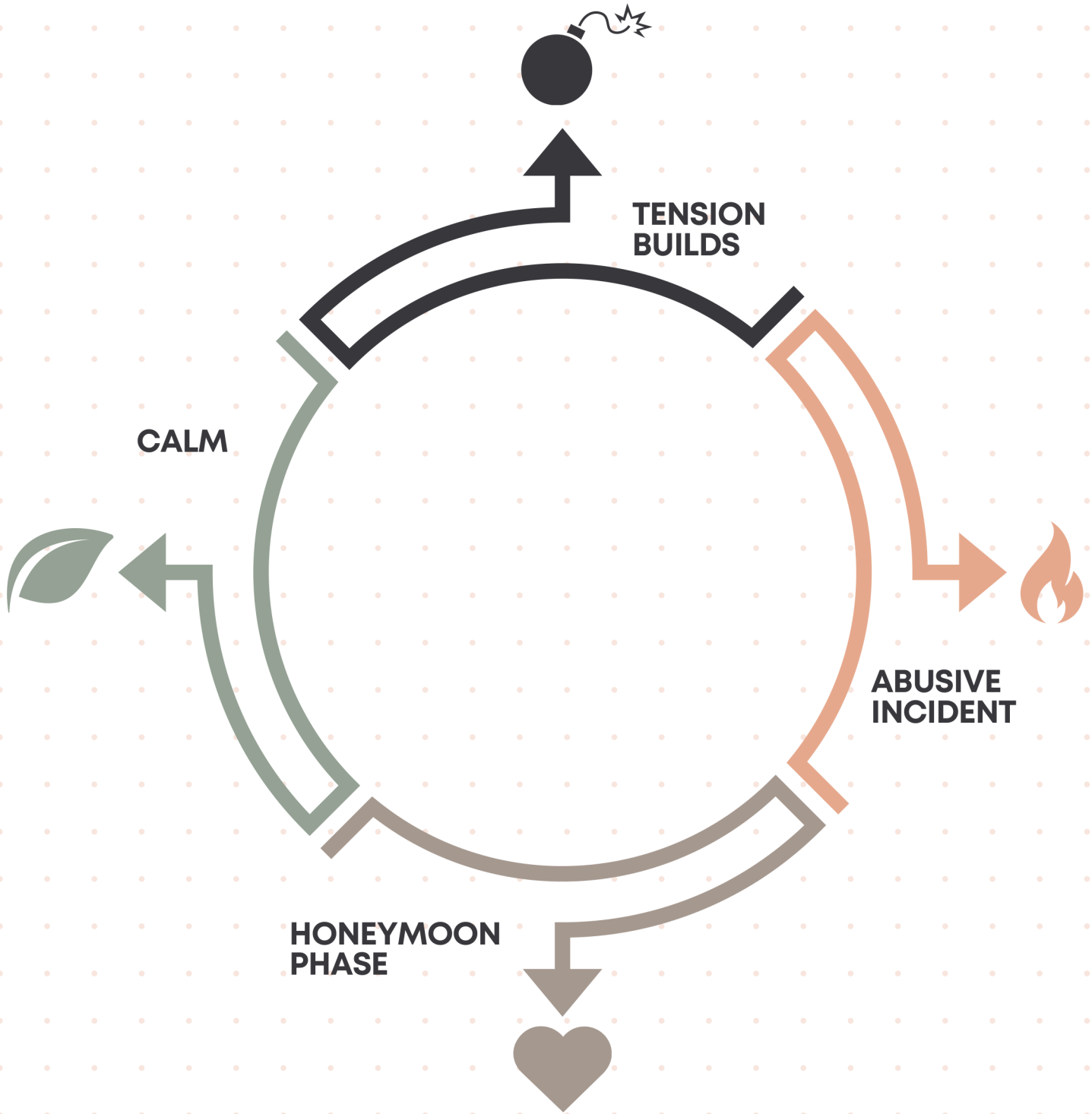
If you find yourself questioning the dynamics of your relationship or struggling to cope with turmoil in your family life, know that you are not alone. It takes immense courage to seek answers and support, and we commend you for taking this step toward a healthier, happier future.

Abuse is a pervasive issue that affects countless lives, often in the silence of darkness. It can manifest in various forms, from emotional and psychological to physical and sexual, leaving lasting scars that transcend the boundaries of physical and mental health.

That's why it's crucial to understand **The Cycle of Abuse**, a pattern that often characterizes abusive relationships.

The goal of this handout is to help you understand the insidious nature of The Cycle of Abuse and its implications on your mental health, your well-being, and the lives of those you love, particularly children... because, abuse of any kind is NOT OKAY.

We believe in your strength, resilience, and inherent worth, and we want to empower you to recognize that healthier relationships are not only possible but well within your reach.



TENSION BUILDS

Stress begins to grow from the pressures of daily life, or other points of conflict. The victim may attempt to reduce tension by complying with the abuser.



ABUSIVE INCIDENT

Verbal, emotional, physical, or sexual abuse occurs. This includes anger, intimidation, threats, and other forms of abuse.



HONEYMOON PHASE

The abuser apologizes, shows remorse, and often begs for forgiveness. They may shower the victim with love and affection, and promise that the abuse will never happen again.



CALM

The relationship enters a period of calm where the abuse stops or slows. The abuser may continue to ask for forgiveness, or make positive gestures, but these tend to reduce in sincerity over time.

