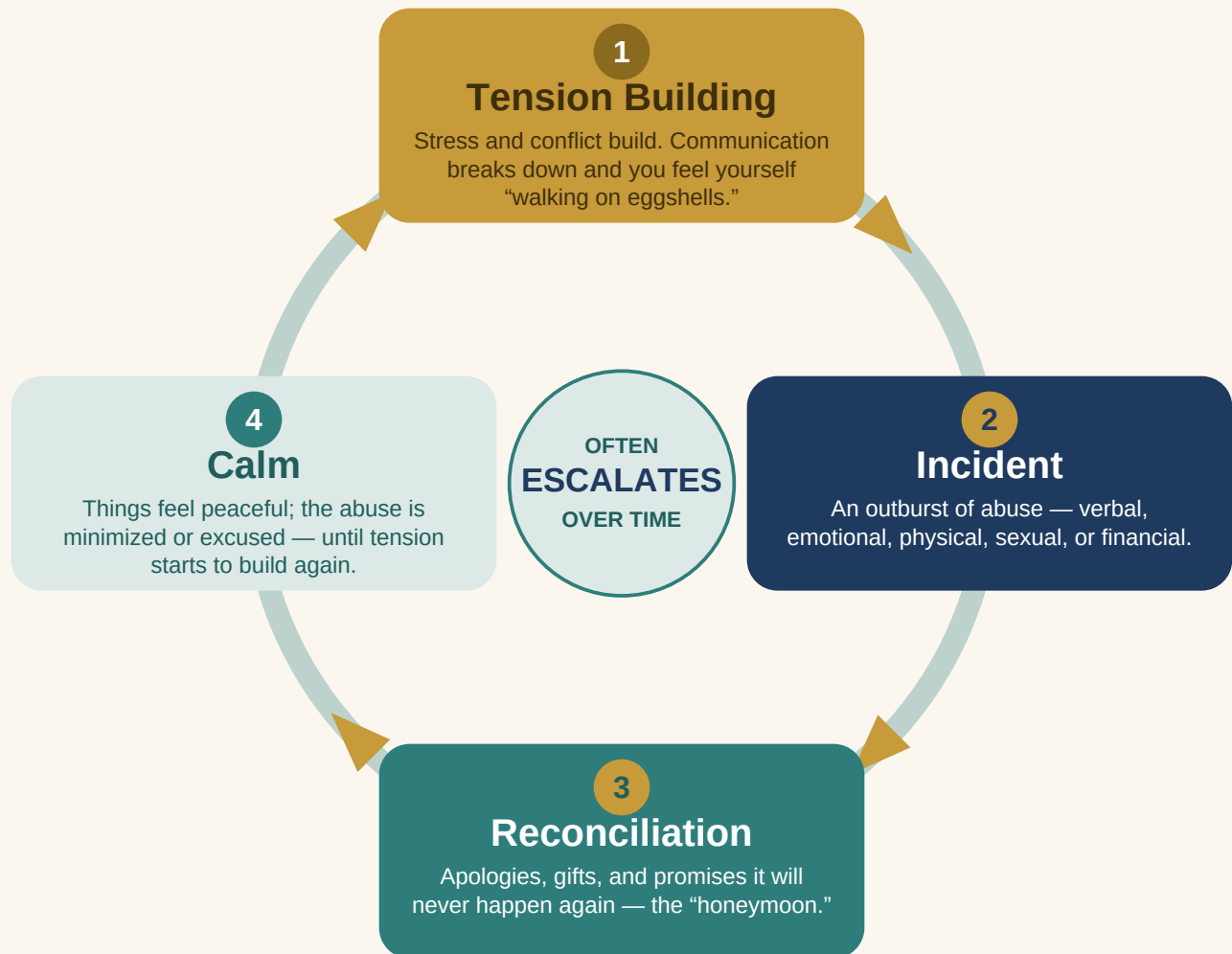


The Cycle of Violence

Recognizing the pattern is the first step toward safety and choice

Abuse often follows a repeating cycle. Knowing the phases can help you name what is happening — and remember it is **not your fault**.

Based on Lenore Walker's cycle-of-abuse model.



What's Important to Understand

- The cycle is a pattern of **power and control** — it is not love, and it is never your fault.
- Cycles often grow **shorter and more severe** the longer they continue.
- The calm and "honeymoon" phases are real but temporary; they can make leaving feel confusing. You deserve lasting safety.

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