

The cycle of violence

- Domestic assault occurs within the cycle of domestic violence.
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- This cycle is established and orchestrated by the abuser (partner, friend...), it allows them to maintain their domination (control) over their spouse.
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- The cycle of conjugal violence is a vicious circle that has four phases: tension, aggression, justification, remission (honeymoon).
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- In a marital relationship scarred by violence, this cycle repeats itself several times and in an increasingly accelerated way.
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- The more the cycle repeats, the more the remission phase shortens, until it disappears. As the regime of terror becomes more prevalent, the aggressor no longer needs to make any promises or excuses to maintain their control. In the same way, the justification phase can also end as the abuser no longer has to put the blame on their partner because they take responsibility for what happened.
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1. TENSION:

Excess anger, heavy silences, intimidation, threatening looks.

Anxiety:

I feel that things are going to go badly, I feel worried, I put a lot of energy into reducing the tension, I am afraid: I become paralyzed, I feel like I am walking on eggshells.

4. RECONCILIATION:

Everything can be forgiven, we talk about getting help, talk about therapy, suicide...

Hope:

I see their efforts to change, I give them a chance, I help my partner, I find the one I love again, I change my attitude.

THE CYCLE OF VIOLENCE



2. ASSAULT:

Verbal, psychological, physical, sexual, economic.

Anger and shame:

I am humiliated, I am sad, I have a feeling of injustice.

3. JUSTIFICATION:

They find excuses, explain why there was a breakdown: the reasons are not their fault.

Responsibility:

I will believe and understand their justifications, if I could help them change, I will adjust to them, I doubt my perceptions (is it really aggression?) I feel responsible and my anger disappears.