THE CYCLE OF VIOLENCE

The Cycle of Violence is a five-stage framework that can be used to understand the cyclical nature of behaviour in both the perpetrators and the recipients of domestic violence.

BUILD-UP	EXPLOSION	REMORSE	PURSUIT	HONEYMOON
Tension builds up in the perpetrator for various reasons. The recipient tries without success to defuse the situation and feels helpless.	A violent outburst occurs. These outbursts begin to intesify over time.	Showing remorse, whilst at the same time justifiying the outburst, the perpetrator asks for forgiveness, which is often given.	If the recipient forgives, but is cold and distant, the perpetrator tries to win back affection by buying gifts and being loving. Threats of suicide can occur.	If reconciliation occurs, the couple may experience an intense, intimate relationship... until the cycle begins over again.

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combating abuse and gender-based violence

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