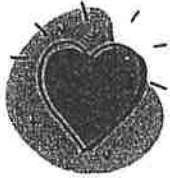


Cycle of Violence

Often relationships with violence follow a pattern known as the Cycle of Violence.



All relationships begin in the hearts and flowers phase.



All relationships experience stress, conflict, and tension over time.



Relationships with violence experience an "explosion" followed by a period of guilt, blame and remorse.



Why do people feel guilty after an explosion?



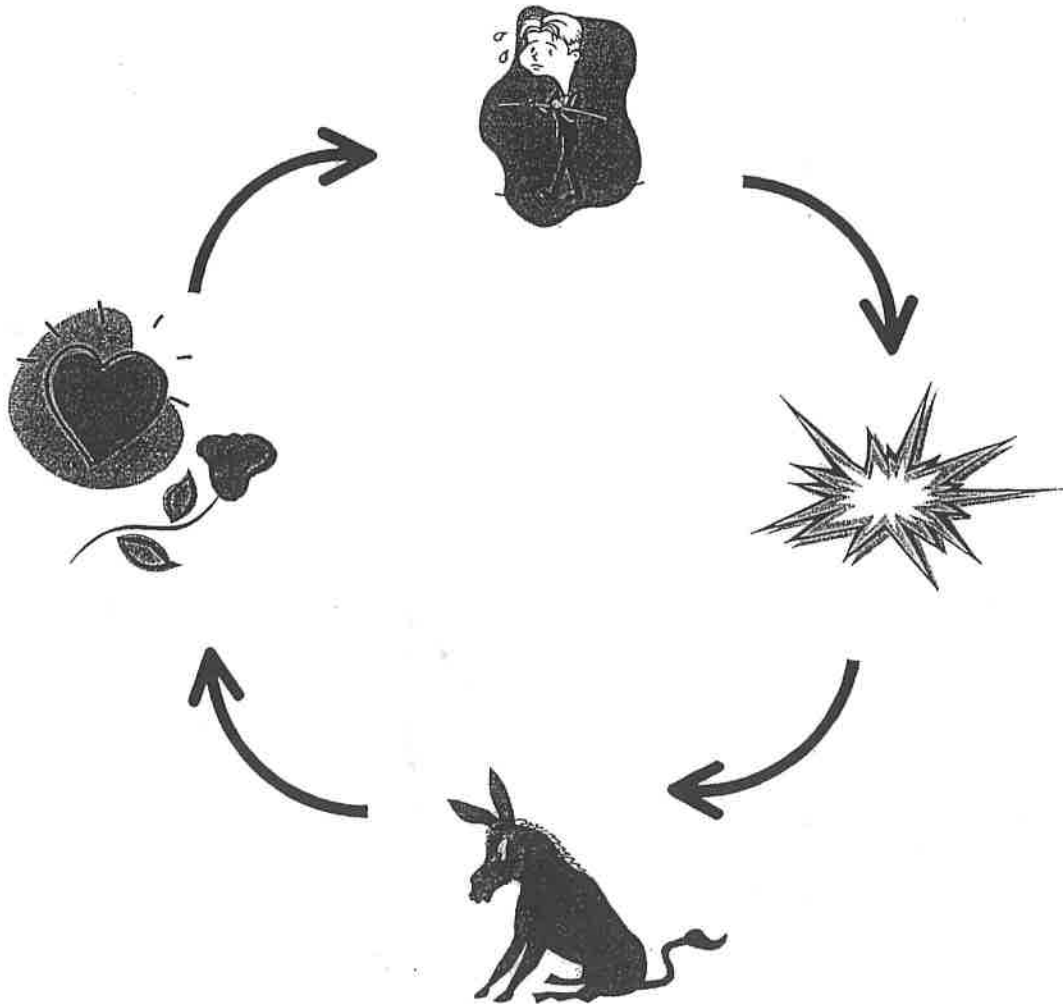
What feelings would they experience?

What happens to intense feelings over time?

This is why the cycle begins again.

Cycle of Violence

List common feelings and behaviors in each of the four phases.



Cycle of Violence

Over time the cycle tends to do two things:

1. Gets worse. The explosions tend to be worse, but the hearts and flowers don't get better. The circle turns into an egg.



2. Gets faster. It may take 1 year to get through the cycle the first time, 1 month the second, and 1 day the third. If you turn the circle upward on its axis, it becomes a tornado.

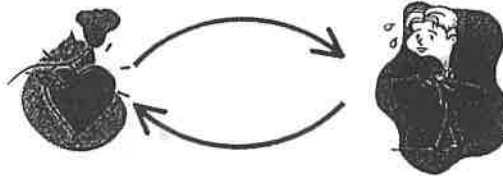


Like tornados, the cycle is DANGEROUS!

How to break the cycle: Before the explosion

1. Take responsibility for your own feelings.
2. Use good coping skills (e.g. time-out, deep breathing).
3. Be willing to change.
4. Turn the hearts and flowers phase from a control strategy into part of a healthy relationship.

The healthy relationship cycle:



REVIEW:

What are the four phases in the cycle of violence? Name one behavior in each.

- 1.
- 2.
- 3.
- 4.

NARRATIVE ON LOVE/ACCEPTANCE