



**Tension Building**

Victim: Attempts to calm;  
Keep kids quiet; Withdraws;  
Agreeable; Tries to reason;  
General feeling of walking on eggshells.

Batterer: Moody; Nitpicking;  
Isolating; Yelling; Criticizing;  
Crazy Making; Threatens;  
Withdraws affection

**Explosion**

Victim: Protects herself;  
Calls police; Tries to calm  
him; Fights back; Leaves

Batterer: Hitting; Choking;  
Humiliation; Imprisonment;  
Rape; Use of Weapons;  
Verbal Abuse

**Honeymoon**

Victim: Agrees to stay;  
Sets up counseling; Feels  
hopeful for change;  
Believes it will never  
happen again

Batterer: Begs for  
forgiveness; Declares  
love; Promises to get  
counseling; I'll never do it  
again