

CYCLE OF VIOLENCE

**IF YOU RECOGNIZE YOUR LIFE – GET HELP
IT WILL ONLY GET WORSE - UNLESS YOU DO SOMETHING**

Mostly women in our culture, but sometimes men, know about domestic violence, but frequently do not recognize that it is the life they are living. In trauma, it is hard to think clearly and know you are a victim.

Use this commonly used description of the cycle of violence to look at your life.

Often, only when learning of the cycle of violence, can you recognize what is happening.

It is never the same for all. Use this as a starting place.

The three phases in the cycle of violence are usually described as:

Tension-building Phase,

In this phase of the cycle, the person of power is pushing, - verbally, emotionally, or physically and the victim who is trying to appease. The victim usually thinks if only he/she could change, the other would not be acting like this.

Acute or Crisis Phase,

After a period, the abuser explodes, physically or emotionally and loses control. After the outbreak, there is shock and denial. They both try to minimize the extent of the conflict

Calm or Honeymoon Phase.

The abuser apologizes and promises never to do it again. He/she says it is all the fault of external pressures and the victim believes, again, it is his/her part to protect the abuser from the world. The victim sees in the partner, the person he/she once thought was there and hopes will be there again. The victim believes this will be the last episode

UNTIL THE CYCLE STARTS AGAIN

Read more about it on <http://www.womensafe.org/>

If you are in immediate danger, please call 911.

Family Violence Prevention Services, Inc., (FVPS) <http://fvps.org>

Battered Women And Children's Shelter (BWCS)

7911 Broadway

San Antonio, TX 78209

Hotline: (210) 733-8810

Phone: (210) 930-3669

Web: <http://fvps.org>

National Domestic Violence

Hotline at 1-800-799-7233 (SAFE) or 1-800-787-3224 (TTY). anonymous,
confidential help, 24/7,

Bexar County District Attorney's Office
210-335-2311

If you are a victim of domestic violence,
have a plan of action for you, your children and your pets.

NOW - Think out that PLAN

Where you will go?

Do you have enough money hidden away to get there?

Hide what you need to take with you.

Know how to get to your kids and your animals.

Write it down SOMEWHERE SAFE, THAT YOUR ABUSER CAN'T FIND.

It is hard to think clearly in the swirling fury of the hurricane.