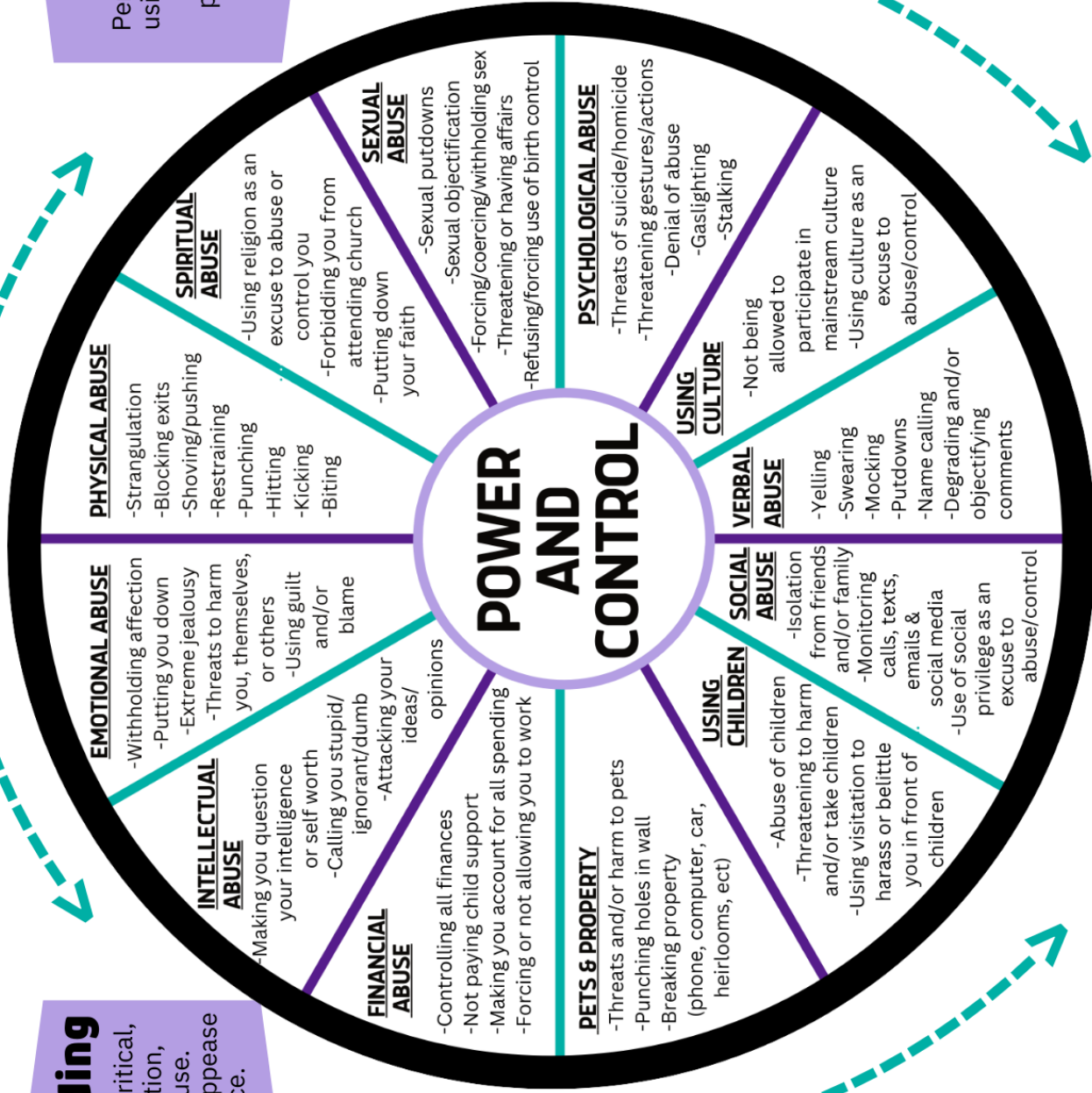


Tension Building

Person causing harm is critical, mean, withdraws affection, increases substances use. Survivor tries to calm or appease them to avoid violence.

Incident

Person causing harm lashes out using tools to maintain power & control. Can be verbal, psychological, physical, etc. Survivor does what is necessary to survive.



Honeymoon Phase

Person causing harm apologizes, buys gifts, makes excuses & promises. Survivor accepts apologies due to normal feelings of love & hope for their partner or relationship. Survivor feels hope.