**CYCLE OF ABUSE**

**TENSION BUILDS:**

He begins to get moody, nitpicky, argumentative, withdrawn, criticizing…

You begin to walk on eggshells, anxiety increases, keep him calm, reason with him…

**HONEYMOON:**

He apologizes, promises to stop, promises to get help, flatters you, gives you gifts…

You agree to stay or take him back, drops charges, set up therapy appointments, feel happy and hopeful…

**EXPLOSION:**

He hits, chokes, yells, curses, threatens, throws things…

You protect yourself, try to calm him, call police, leave, reason with him, fight back…

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