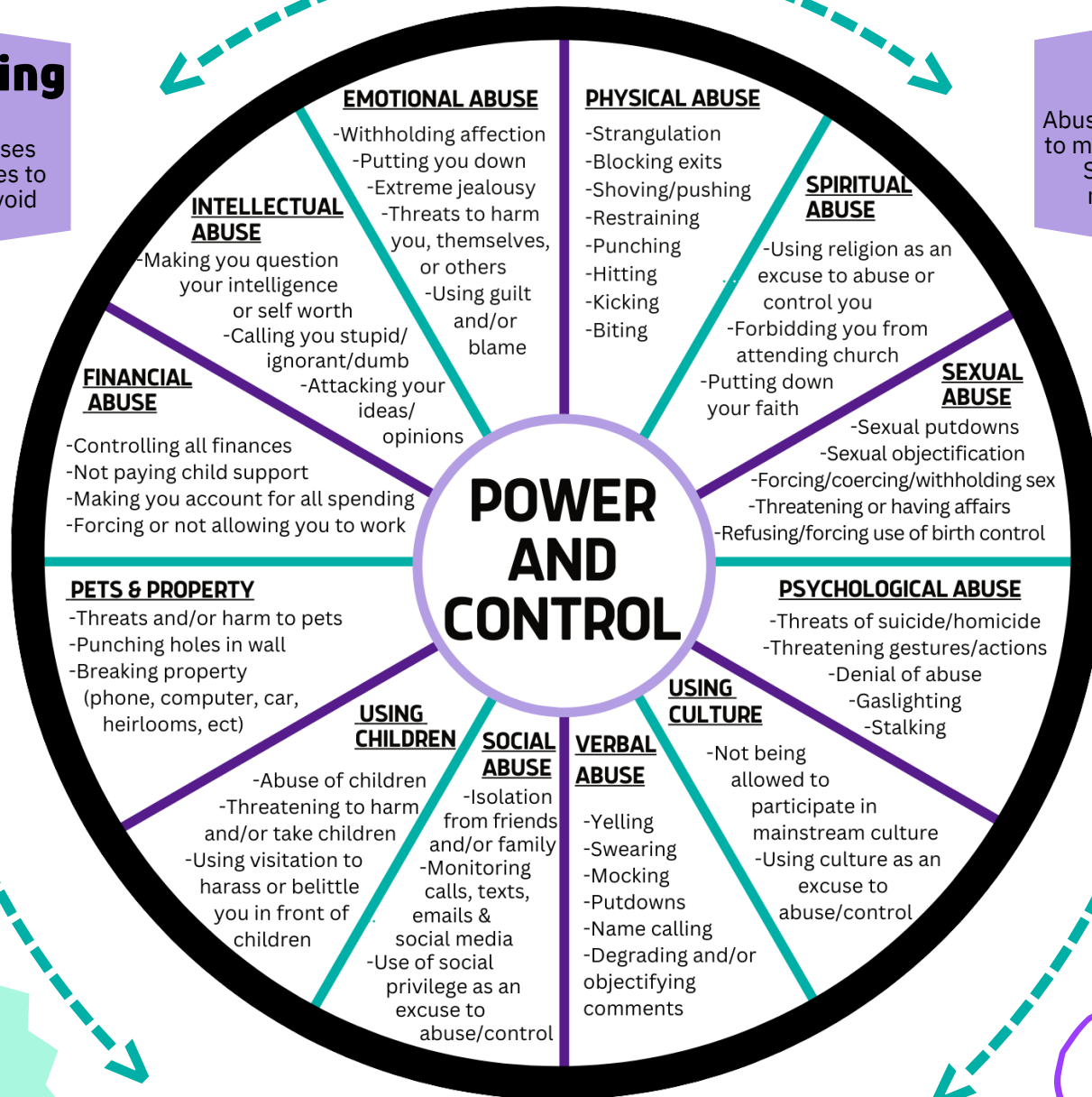


Tension Building

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

Incident

Abuser lashes out using tools to maintain power & control. Survivor does what is necessary to survive.



Start of Relationship: 1st Honeymoon

Abuser appears kind, loving, "too good to be true". Often, abusers will "love bomb", giving gifts, spending a lot of time with you, ect.

Honeymoon Phase

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

Why don't people just leave?

Many reasons: money, kids, housing, but most commonly because they love their abuser and believe they can change.