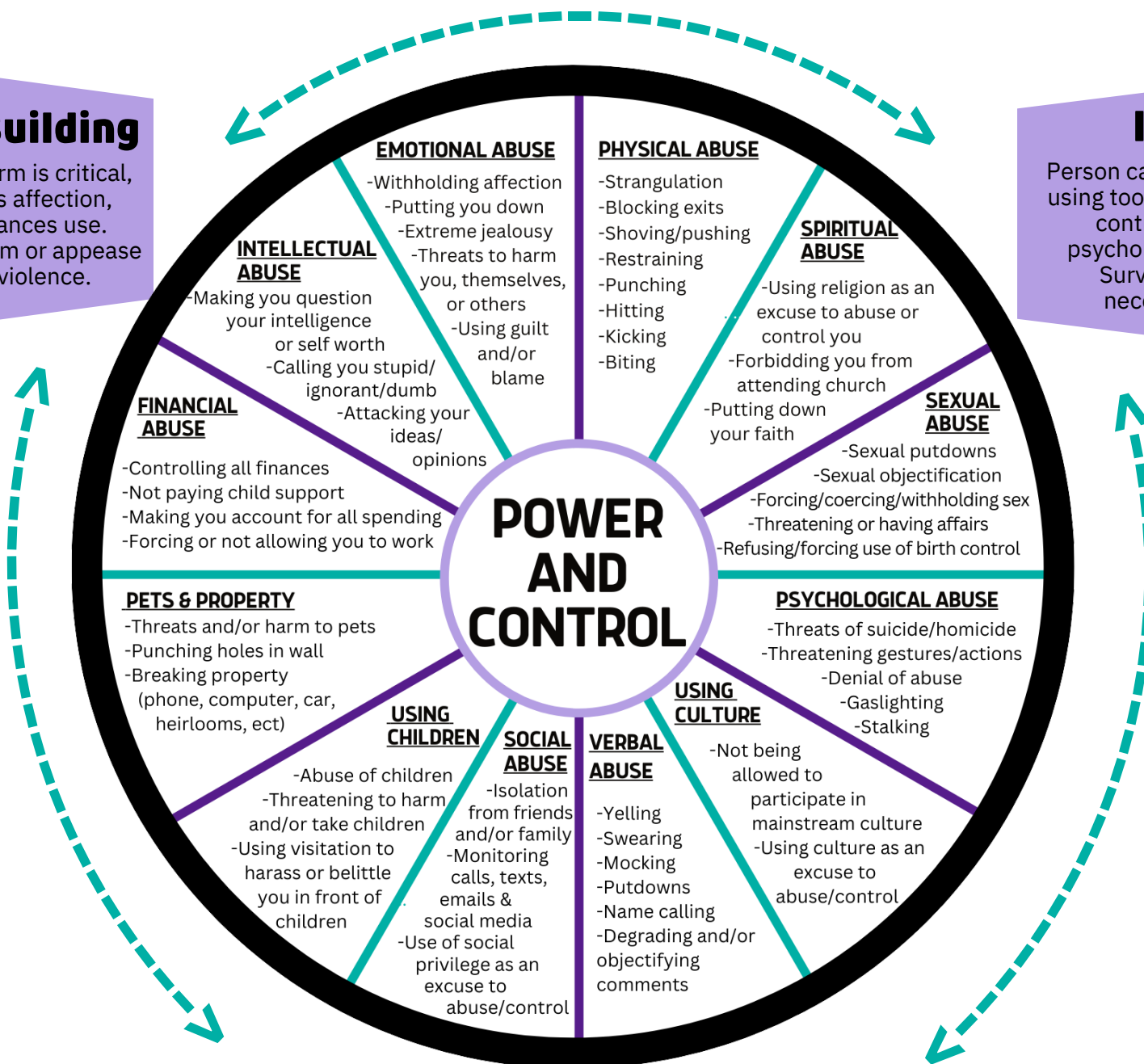


## Tension Building

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.



- 303-556-call (2255)
- 303-315-7250
- info@thepca.org
- thepca.org