

TENSION BUILDING

YOU

- Try to calm them
- Nurture them
- Silent or talkative
- Stay away from family & friends
- Try to keep children quiet
- Agree with them
- Withdraw or avoid them
- Try to reason, become submissive
- Cook their favourite dinner
- General feeling of walking on eggshells

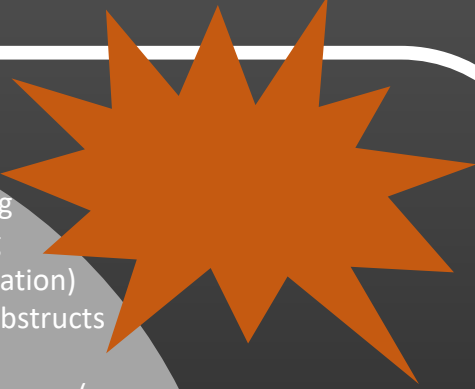


ABUSER

- Moody, sullen
- Nitpicking
- Isolates you
- Pushes you to argue
- Put downs, mocks
- Blames you
- Yelling
- Refuses to show affection
- Threatens you
- Destroys property
- Crazy behaviour
- Accuses you of being unfaithful
- Critical

ABUSER

- Slapping, grabbing
- Kicking, punching
- Choking (strangulation)
- Spitting on you, obstructs your movements
- Forces partner into sex (no consent)
- Stalks you
- Uses weapons
- Serious assaults
- Stops you calling Police
- Humiliation
- Abuses, harasses children



ACUTE EXPLOSION

YOU

- Try to calm them
- Try to reason with them
- Leave
- Fight back
- Try to protect yourself anyway you can
- Police called by you, children, neighbour or another

ABUSER

- *I'm sorry, begs forgiveness; I'll never do it again*
- Promises to get help; blames alcohol or drugs
- Justifies behaviour, sends you flowers, buys you gifts
- Enlists family support
- Threatens suicide
- Cries
- Wants to make love, declares love for you



HONEYMOON

YOU

- Agree to stay, return or take them back, forgiveness
- Cancel legal proceedings
- Set up counselling or therapeutic appointments for them
- Feeling happy, relief, hopeful