

The cycle of violence:

the three (3) phases of the cycle of violence, whether it be verbal, physical, psychological, or sexual vary in duration and in intensity during the life of a couple and from one couple to another.

Tension-building phase: Several incidents that the victim considers minor occur. The victim believes that it is temporary and that she can control the situation.

Explosive phase: There is a total loss of control. It is a short period lasting (for a few hours to 24 hours), always serious.

Honeymoon phase: a period of calm and reconciliation

The spouse wants to be forgiven and the victim remains hopeful and wants to forget. This period can vary and may even be absent in certain spouses.

And the cycle begins again with the phases being closer and closer and more and more serious in nature.

