

Alexandra Dion-Fortin, 2023, all rights reserved

Phase 1 - Tension

Abuser:

bursts of anger, threatening looks, silent treatment.

Victim:

feels anxious, attempts to alleviate the atmosphere and is careful about everything she says and does.

Phase 4 - Reconciliation

Abuser:

asks for forgiveness, offers to get therapy, threatens to hurt himself and manipulates the other so that he is pitied.

Victim:

gives the abuser another chance, tries to help him, acknowledges his efforts and changes her own behaviour.

phase 2 - Violence

Abuser:

uses one or more forms of violence; whether it be physical, verbal, psychological, sexual or economic, towards the victim.

Victim:

feels homiliated, hort, and that the situation is unjust.

Phase 3 - Justification

Abuser:

finds excuses to justify his behavior.

Victim:

tries to understand the explanations, doubts her own perception, and feels confused and responsible for the situation.