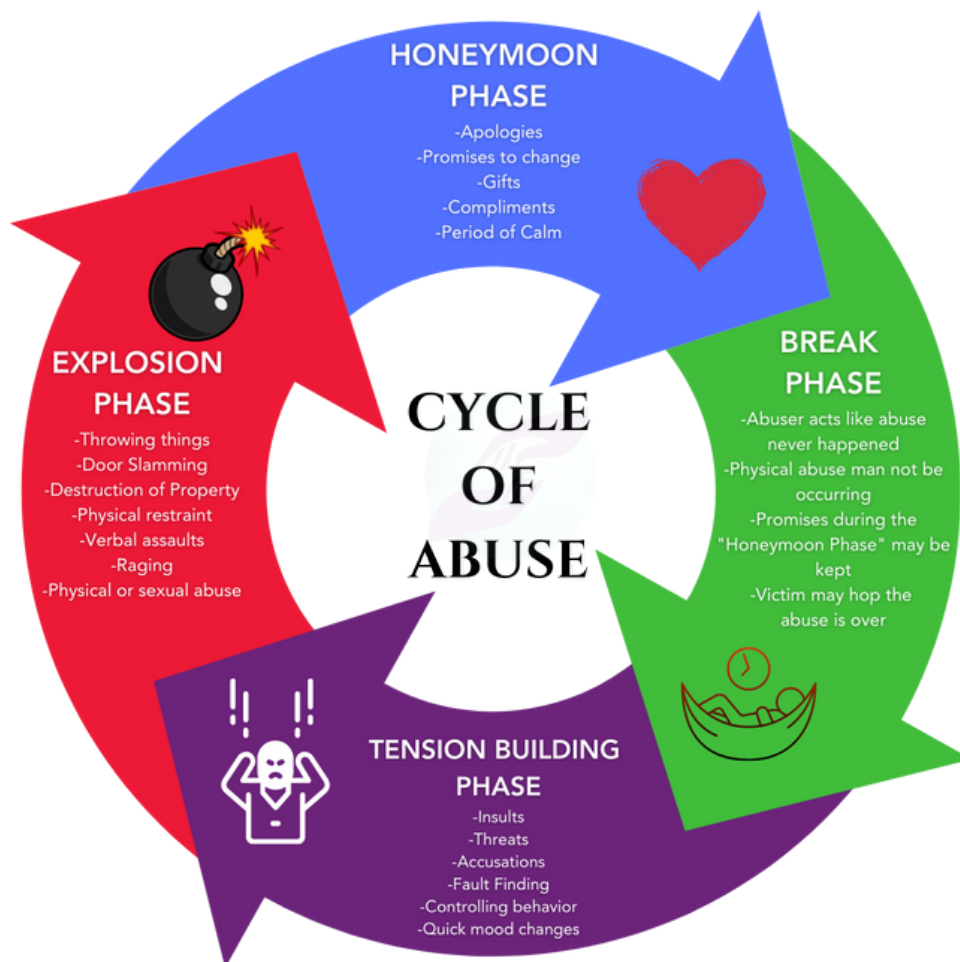


The cycle of abuse is a pattern that often occurs in domestic violence relationships. It describes the repetitive and cyclical nature of abusive behavior, which can be emotionally, psychologically, physically, or sexually harmful. It was first introduced by psychologist Lenore Walker in 1979 and is commonly known as the "Cycle of Violence" or "Cycle of Abuse."

The cycle typically consists of four main phases: **Tension Phase, Explosion Phase, Honeymoon Phase, and Break Phase.**



It's important to note that not all abusive relationships follow this exact pattern, and the cycle of abuse can vary in duration and intensity from one relationship to another.

Additionally, not all abusive relationships go through a honeymoon phase, as some abusers may not display remorse or attempt to reconcile after their abusive outbursts.