

The relationship enters a period of calm where the abuse stops or slows. Things seem to get better. The calm before the next storm.

Stress begins to grow from the pressures of daily life, or other conflict. The victim may attempt to comply to reduce tension.



Abuser apologizes, shows remorse, and begs for forgiveness. They may shower the victim with gifts, love, affection and promises.

Verbal, emotional, mental, physical or sexual abuse occurs. Anger, intimidation, threats, put downs, and violence happen at this phase.