

The cycle of abuse model is in the shape of an oval with four numbered parts. The numbers are all part of the oval and occur in clockwise order from one to four. Each number represents a phase in the cycle of violence within a couple, where one member of the couple is a victim and the other is the abuser or purveyor of violence. Number one is labeled "Tensions Building" and represents times when there are increased tensions, a breakdown of communication when the victim becomes fearful and feels the need to placate the abuser. Number two is labeled "Incident" and represents any verbal, emotional, or physical abuse of the victim. This phase also includes when the abuser expresses anger, blaming, arguing, threats, and intimidation. Number three is labeled "Reconciliation" and represents the phase when the abuser apologizes to the victim. This phase includes times the abuser gives excuses, blames the victim, denies the abuse occurred, or says that it was not as bad as the victim claims. Number four is labeled "Calm." The Calm phase is when there is no abuse present. Included in this phase is when the incident seems to be forgotten. This is also sometimes called the honeymoon phase.