

The Cycle of Violence

The cycle of violence has three phases that happen repeatedly, more often over time, and the violence usually gets worse over time.

1. The Tension Building Period

The Tension Building Period feels like walking on eggshells. There is emotional abuse, intimidation, threats and minimal physical abuse. Fear of violence is often as coercive as violence itself.

2. Violence/Explosion

This is the actual violent episode. It includes physical or sexual abuse or damage to property. A crime is committed!!

3. The "Honeymoon" Period

The "Honeymoon" Period is when the abuser acts differently after violent episodes. Abusers may ignore or deny the violence, blame the "anger" on you or even act sorry. The honeymoon is an attempt to draw you back into the relationship.

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Tennessee Alliance for Legal Services



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Dyersburg

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Dyersburg, TN 38024

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Selmer

141 N Third St
Selmer, TN 38375

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WTLS EEOC Officer
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Jackson, TN 38301

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VIOLENCE
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END IT!**



**WEST TENNESSEE
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What is Domestic Violence?

Domestic violence is a pattern of abusive and/or coercive behavior used to gain or keep power and control of another person. It can include illegal and legal acts that undermine the victim's sense of safety, self, and free will. Domestic violence includes intimate partner abuse and child abuse.

Domestic Violence Warning List

The more warning signs you have the more dangerous your situation may be.

- Verbal abuse
- Pressure tactics
- Abusing authority
- Disrespect
- Breaking promises
- Emotional withholding
- Minimizing, denying, blaming
- Economic control
- Self-destructive behavior
- Abusing trust
- Isolation
- Harassment
- Intimidation
- Destruction of property
- Sexual violence
- Physical violence
- Use of weapons

- I have changed the locks and added deadbolts.
- I have hidden sharp objects and weapons.
- Our phones are charged and accessible.
- I know where we will go in an emergency.
- I know who will help me in a crisis.
- I have explained my situation to people I trust.
- I have taught my children what to do if the abuser shows up at the house or their school or daycare.
- I have taught my children how to call the police.
- I have given a copy of my custody papers or my order of protection to the school or daycare.
- I have an emergency bag hidden with clothes, necessities, money, debit/credit cards, checks, and extra keys. I always keep it in the same place.
- I will always put my purse and/or wallets and keys in the same place every day.
- I have hidden all my important documents.
- I will keep accurate records, pictures, texts, and messages.
- I will call the police if the abuser contacts me, threatens me, follows me or has someone else do it for them.
- I have practiced my escape plan with my children.
- I will be aware of my surroundings at all times.
- I will keep plenty of gas in my car.
- I have told the school or daycare who has permission to pick up my children.
- The safety of myself and my children comes before anything else.
- When I feel like I want to return to the abuse, I will talk to friends, family or my counselor for support.
- I will decide whether I am safer staying or leaving.