

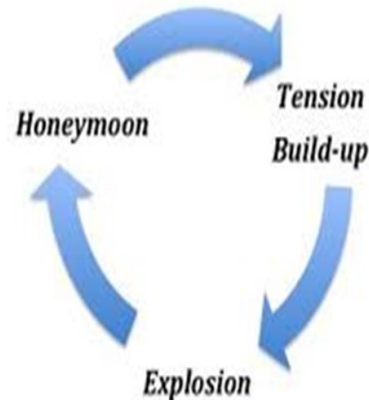
# What's happening at Lewis County



*Changing Lives ... One family at a time*

## The Cycle of Violence

Domestic Violence is abuse that can happen to anyone. It is often overlooked, excused, or denied; especially when the abuse is emotional rather than physical. The cycle can happen multiple times within a relationship and not all relationships have the exact same cycle. There are three phases in the cycle; the tension, explosion, and the honeymoon phase. Each phase will last a different amount of time and as the relationship progresses, often the explosion phase will lengthen as the other phases become shorter.



**Tension (Build-up) Phase:** In this phase, the victim will often feel like they are walking on eggshells. Victims tend to change their behavior to keep the abuser from becoming irritable.

**Explosion Phase:** During this phase the abuser will have outbursts of violence. The violence will often start out as emotional abuse and progress to physical. This phase allows the abuser to dominate control over the victim.

**Honeymoon Phase:** At this point in the cycle the abuser often becomes affectionate, apologetic, or may ignore the fact that the abuse has even happened. Abusers very seldom or never take responsibility for the abuse. Often an apology will be accompanied with blaming the victim. Victims will take the comments to heart and try not to upset the abuser again. A victim will feel that they can change the abuser and that the relationship between the them is not as bad as it seems.

No one should live in fear of the person they love. The cycle of violence is an unhealthy relationship. If you recognize the signs of domestic violence that you or someone you know is going through, there is help. Contact an advocate with the Domestic Violence Program at Opportunities to receive support and guidance.

Has Opportunities helped you? Send your story to "News" at the address below.

**Lewis County Opportunities, Inc.**

8265 State Rte 812

Lowville, N.Y. 13367

(315) 376-8202

**Monday – Friday: 8 am – 4 pm**

[www.lewiscountyopportunities.com](http://www.lewiscountyopportunities.com)

**24-hour Crisis Hotline**

**376-HELP (4357)**