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Phases Graphic

Phase 2: Explosion / Abusive Behavior

Phase 1
Batterer's Behavior
- Blames victim
- Unreasonable demands
- Small outbursts
- Tension and battering increase
- Batterer moves in, misinterprets every move, hovers
- Tension is unbearable

Phase 2
Batterer's Behavior
- Started out to teach partner a lesson
- Only batterer can end Phase 2
- Batterer thinks there is a lack of control, but batterer is **in control** of his actions

Phase 3
Batterer's Behavior
- Wants victim's forgiveness
- Promises it won't happen again
- Charming
- Gives her gifts
- Enlists family and friends to plead case for batterer and work on her guilt
- Believes battering won't happen again

Phase 1: Buildup / Escalation

Phase 2
Victim / Survivor's Behavior
- Woman's behavior does not affect outcome
- Self defense leads to more serious injury
- Disassociation (stand back & watch battering) , remain calm, wait out storm, escape futile
- Only option is to find a safe place to hide before it starts
- Symptoms after acute assualt: denial, disbelief, rationalization, delay medical help, listlessness, depression, feelings of helplessness

Phase 3: Honeymoon / Sorrow

Phase 1
Victim / Survivor's Behavior
- Tries to calm batterer
- Believes she can control her partner's anger
- Does not get angry with her partner
- Denies her own anger to herself
- Blames outbursts on external situations, e.g. work, in-laws
- Works to control external forces, e.g. drive away friends, family, children
- Knows tension and battering will increase in intensity
- Tension unbearable
- Minimizes her danger

Phase 3
Victim / Survivor's Behavior
- At the beginning of this phase, victim is most likely to flee and seek help from professionals. Accept inability to control batterer's behavior
- Wants batterer's promises to work
- She chooses to believe this is the "real" person; idealize the relationship
- She may also return or remain out of fear; watching the partner is safer than not knowing what or how he or she is