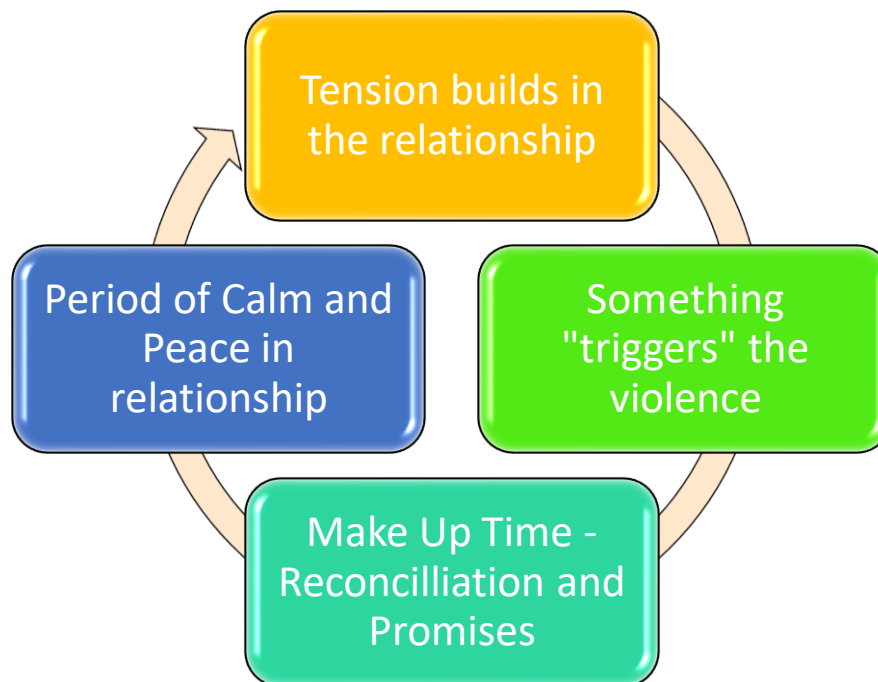


Session: The Cycle of Violence

Welcome: Each person introduces themselves to the group.

Prayer: Ask a member of the group to lead with a short prayer.

Often (but not always) there is a **CYCLE** to violence and abuse. This is often how it looks:



1. Tension Builds

- Any life stressor (kids, bill, in-laws, weather, etc.)
- Victim tries to keep things calm and reduce the tension
 - o Victim tries to keep the peace
 - o Victim tries to accommodate and please
- At times, the victim might escalate the tension to “get the abuse over with”

2. Something “triggers” the violence

- The abuser becomes angry and tries to dominate (control) the victim.

3. Makeup Time – Reconciliation and Promises (sometimes called the honeymoon stage)

- Abuser may shower the victim with affection
- Abuser apologizes and promises never to do it again
- Abuser begs to be forgiven

4. Calm and Peace in the Relationship

- Things get “back to normal.:

Group Discussion: Do you recognize this pattern in your relationship(s).

Draw your personal cycle of violence – write in how you were feeling. Share with group.