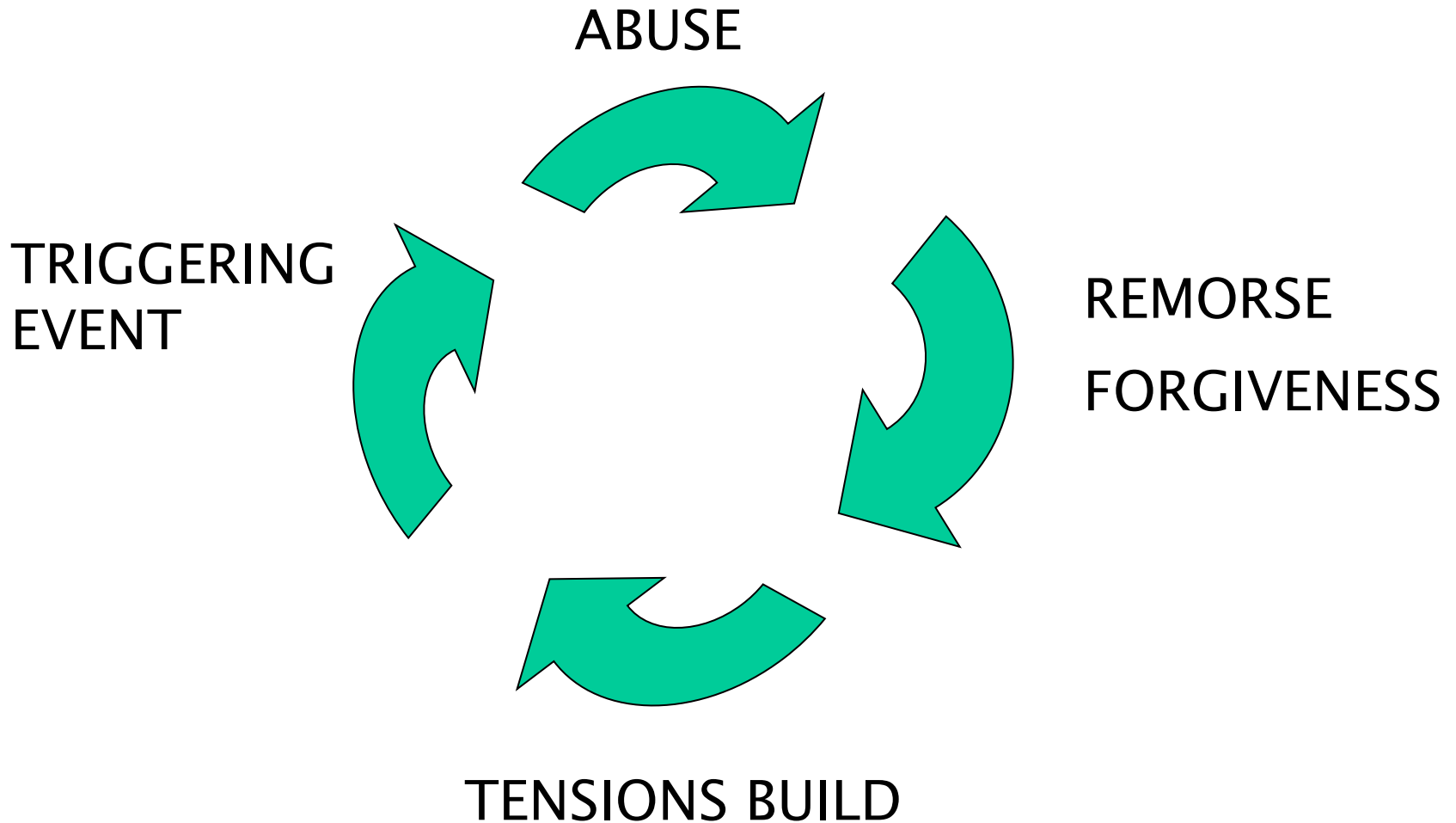




The Cycle of Violence

Cycle of Violence

Lenore Walker's Theory



IHS/BIA Child Protection Team Handbook-2002

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Cycle of Violence

- Phase One – Step One
 - ▶ Minor battering
 - ▶ Victim's denial of anger helps them to cope with a situation they desperately believe will change
 - ▶ Victim blames outside factors; takes guilt for battering incident; apparent passive acceptance spurs on the abusive behavior and batterer doesn't have to find control





Cycle of Violence

- Phase One – Step Two
 - ▶ Batterers don't want behavior made public, causing fear in them the victim will tell, thus increasing the oppression
 - ▶ Batterer's brutality keeps victim captive
 - ▶ Learned helplessness syndrome
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Cycle of Violence

- Phase One – Step Three
 - As Phase 1 progresses, batter incidents increase, anger escalates, victim realizes Phase 2 is coming and works hard to control external situations: keeping children quiet, no phone calls
 - Soon coping techniques fail
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Cycle of Violence

- Phase One – Step Four
 - ▶ Batterer increases possessive smothering and brutality; victim less able to defend herself against the pain and hurt
 - ▶ Victim withdraws; batterer moves in more oppressively
 - ▶ Unbearable tension builds up
 - ▶ Victim sometimes triggers Phase 2 in order to break the unbearable tension, to just “get it over with”
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Cycle of Violence

- Phase Two

- ▶ lack of control
- ▶ lack of predictability
 - acute battering with major destructiveness
 - lasts usually from 2 to 24 hours, with some reports of a week or more of terror
 - only batterers can end Phase 2
 - there's an element of overkill and victims express extreme futility of trying to escape
 - victims suffer emotional collapse 22 to 48 hours after acute battering; they seek isolation; thus doctors often do not see them until a natural healing time has passed
 - extreme sexual abuse also during this time



Cycle of Violence

- Phase Three

- ▶ *Unusual period of calm*

- batterer is extremely loving and kind and contrite
- they are sorry and promise to never do it again
- they believe they can maintain control
- also believe they have taught victim a lesson so that they won't have to beat them again
- promises to give up drinking
- convinces victim they're needed, makes them feel guilty for leaving; makes victim feel the responsibility
- promises they will get help if victim just stays