

Most batterers act in a pattern described as a "cycle of violence."

The cycle has three parts.

Part One

Tension

The abuser is angry and blaming. There is increased tension with lots of arguing. The abuser acts controlling and needs to be in power.

Part Two

Violence

This may be a one time slap, kick, push or punch, or it may be hours of repeated beatings. There may be weapons or objects used to further injure or threaten the woman. Sometimes sexual abuse also happens.

Part Three

Calm

The abuser may deny or minimize the battering. The abuser may promise never to be violent again and apologize. The abuser may make promises to change and blame alcohol, drugs, or other people for abusive behaviors.

Most battered women and their children try many things to get the abuser to stop. Usually no matter what is done, the woman is still battered. It is important to know that you are not to blame for the abuser's behavior. You cannot stop the abuser. If there is already battering in your life, it may get worse during pregnancy. Pregnancy is stressful for a couple. If you are pregnant, your baby will need to be safe from violence.