

IDENTIFYING CYCLES OF *Domestic Violence*

HONEYMOON

A period characterized by love bombing. Your abuser floods you with love, gifts, undivided attention, and appears to have changed for the best. Your abuser will give you everything you've been asking for, wanting, and needing from him. He seems to be a new person or is acting like the person you were once attracted to and fell in love with at the beginning of your relationship.

MANIPULATION

A form of control characterized by playing on your emotions by crying; threatening to harm himself, harm you, or someone closely related to you; making broken promises, short-term behavior modifications, withholding a need from you, and guilt-tripping you. The abuser will make desperate attempts to gain control of you whenever you show disapproval of his abusive treatment, you threaten to leave the relationship, or you try to call for help or the police.

ESCALATION

Tension building up between you and your abuser. You may feel like you have to walk on eggshells in fear of triggering your abuser. You are afraid to voice your opinion, speak up for yourself, or say or do something that might upset your abuser.

ABUSE

Characterized by being the recipient of cruel, aggressive, unjust, violent, or indecent treatment; loud, rude, or mocking remarks; cursing, insulting, or offensive language; emotional or psychological mistreatment; physical harm or damage, violation of human rights, deprived of human necessities, forceful and unwanted engagement in lascivious or sexual activity.

BARGAINING

Characterized by assuming fault for the abuse. You often make excuses for your abuser's behavior and even assume responsibility for him getting help, especially if he claims he cannot help himself and admits he has a problem. You create and enforce boundaries but chooses to stay in the abusive relationship.



HOPE VICTORIA
— GLOBAL —

CONSEQUENCES

Action taken against your abuser or the effects your abuser experiences as a result of violating your boundaries, safety, and well-being. This can be in the form of you pressing charges against your abuser, filing a restraining order against your abuser, leaving the abusive relationship, or filing for separation and/or divorce.

NATIONAL HOTLINE: 1-800-799-7233



Break Free From *Domestic Violence*

Dear Survivor,

I know you have been told, "it's your fault and you made him do it or he'll never hurt you again." However, that's not the truth! I know the days, weeks, months, and perhaps even the years of your feelings being overlooked and ignored, your needs gone unmet; and you not being loved, treated, and respected the way you deserve to be, has caused you to become numb and to lose so many parts of yourself that you don't even recognize who you are anymore. You've stopped loving yourself, and you find yourself wondering, "how did I get here and how do I get out?" If the cycle of abuse in your life is going to be broken and end, it's up to you to make it happen! Only you can make it stop. You are not his Savior! You cannot save him, but you can save yourself! You are stronger than you think!

This is your opportunity to make a brave decision to choose YOU and to put YOUR emotional, mental, and physical well-being first. No matter how many times you've been promised, he'll change," it's time to face a hard truth which is that you are not responsible for his change. Whether he changes or not, has nothing to do with you. That process is up to him, and it is HIS RESPONSIBILITY, and you don't have to be in his life in order for it to happen. This is your time to be selfish. I know it's scary and it may even hurt to take the first step and make the first move, but you can do it. I believe in you!

Everything you've been through up to this point has equipped you for this moment to break free from the abuse and to change your life for the better. This can be the page in your story where the abuse ends, and a wonderful new life and chapter begins for you!

I am rooting for you and praying for you!

Your Advocate & Fellow Domestic Violence Survivor,

Hope Victoria Porter



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