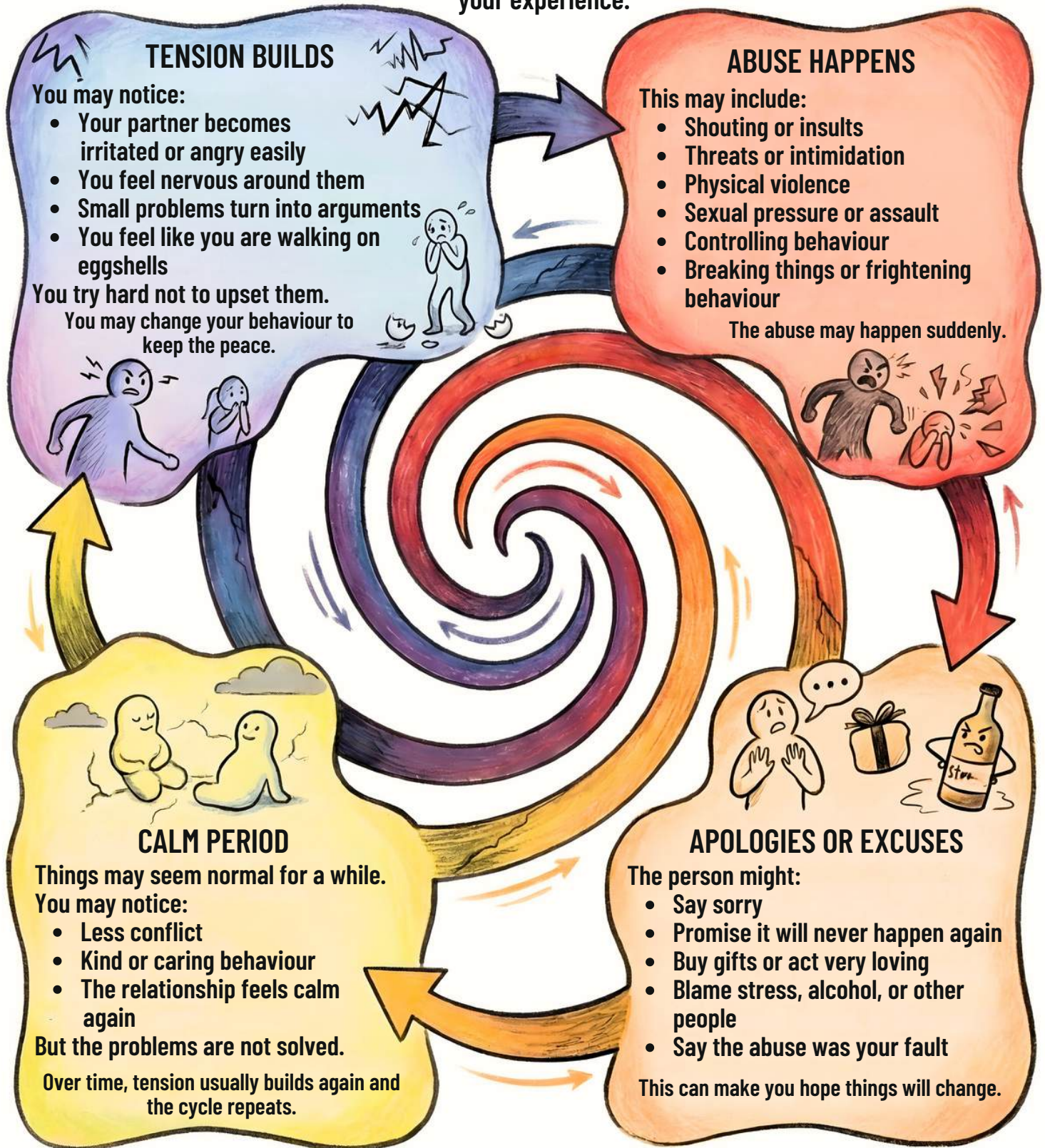


THE CYCLE OF ABUSE

Abuse in relationships often follows a repeating pattern called the cycle of abuse. The same stages can happen again and again over time. At first it may be difficult to recognise what is happening. Understanding this pattern can help you see the warning signs and understand your experience.



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Many people hope the abuse will stop during the calm period. But if the behaviour does not truly change, the tension often builds again and the cycle repeats. Over time, the abuse can become more frequent or more severe. You deserve to feel safe, respected, and supported. Abuse is never your fault.

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