



Kaleidoscope  
COUNSELING

Every person. Every pattern. Every possibility.

# The Cycles of ABUSE



Abuse is rarely a one-time incident.

It often happens in a repeating cycle that keeps the victim feeling confused, powerless, and hopeful that things will change.

Understanding this cycle can help you recognize the pattern and break free.



## 1. TENSION BUILDS

- Walking on eggshells
- Feeling nervous or anxious
- Small incidents trigger big reactions
- You try to avoid conflict
- Tension and stress increase



## 2. INCIDENT (THE ABUSE)

- Emotional, verbal, physical, financial, sexual, or spiritual abuse occurs
- Intimidation, threats, anger, blame, or control
- You feel scared, humiliated, or powerless



## 4. CALM (THE "GOOD TIMES")

- Things feel good for a while
- Plans and promises are made
- You let your guard down
- Hope grows that things are better now



## 3. HONEYMOON (RECONCILIATION)

- Abuser apologizes or makes excuses
- Promises change
- Shows kindness and attention
- You feel relieved and hopeful
- You believe it won't happen again

There is  
**NO EXCUSE**  
for abuse.  
You are not  
to blame.

Then the tension  
builds again...  
and the cycle repeats.

The longer the cycle continues,  
the harder it can be to recognize  
and break.

## WHY IT'S HARD TO LEAVE



**Hope**  
Things will  
change



**Love**  
for the person



**Fear**  
of being alone  
or unsafe



**Low self-worth**  
and self-blame



**Financial**  
or practical  
barriers



You deserve  
respect, safety,  
and peace.  
*You are worthy.*



## WAYS TO BREAK THE CYCLE



Recognize  
the pattern



Trust your  
feelings



Reach out  
for support



Set and hold  
boundaries



Focus on  
healing



Believe that  
change is  
possible



Healing is possible  
and you don't have  
to do it alone.

You are not alone. Help is available.



[www.kaleidoscopecounselingok.com](http://www.kaleidoscopecounselingok.com)

