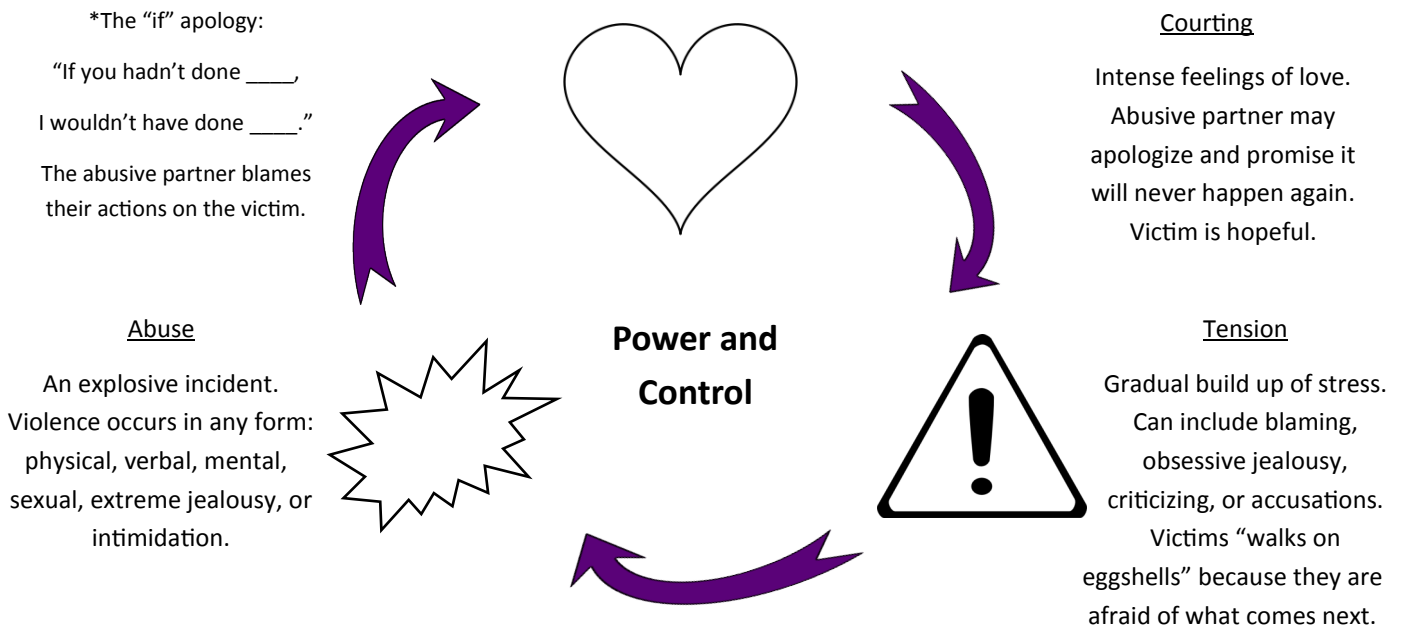


# The Cycle of Abuse

In most relationships, abuse is not a one time incident. It usually happens again and again. While not all victims share the same experiences, many find the abuse occurs in a repeating cycle.

The cycle of abuse has three phases. Each phase can be as short as a few seconds or as long as several years. Over time, the abuse can become more violent and dangerous.



## Am I in an abusive relationship?

**If you checked "yes" to even ONE question, you might be in an abusive relationship**

### Does your partner....

Embarrass you with bad names and put downs?

Pressure you into having sex?

Control where you go, how you dress or who you talk to?

Shove you, slap you, or hit you?

Look at you or act in ways that scare you?

Throw things at or near you?

Act extremely jealous or possessive?

Belittle your sexual orientation?

Get upset when you spend time with friends or family?

Make all the decisions, no matter what?