**Tension Building**
Abuser is critical, mean, withdraws affection, increases substances use. Survivor tries to calm or appease them to avoid violence.

**Incident**
Abuser lashes out using tools to maintain power & control. Survivor does what is necessary to survive.

**Honeymoon Phase**
Abuser apologizes, buys gifts, makes excuses & promises. Survivor accepts apologies due to normal feelings of love & hope for their partner or relationship. Survivor feels hope.

Why don't people just leave?
Many reasons: money, kids, housing, but most commonly because they love their abuser and believe they can change.