



**Our Lady of the Wayside Parish
Domestic Abuse Ministry**

The Cycle of Abuse

Everyone deserves to be safe and healthy in their relationships. If you or someone you know may be in an abusive relationship, a path to safety exists. Get help.

There is usually a repeating pattern in domestic violence

In many abusive relationships, violence is not a one-time incident. The abuse usually happens again and again. While every relationship is different, many abusive relationships follow a repeating pattern called the Cycle of Abuse. The Cycle of Abuse has three phases: tension building, explosion and the calm or honeymoon phase. Each phase might be as short as few seconds, and as long as several years.

Over time, the honeymoon phase may get shorter as the explosions become more violent and dangerous. Relationships often start in the honeymoon phase. This can make it especially confusing and scary when the explosion phase happens for the first time.

- ⌘ **Tension Building** - Anger, blaming, arguing: victim tries to please/reason.
- ⌘ **Explosion** - Physical, emotional and/or sexual abuse or threat of violence: victim tries to protect self from harm, reason with abuser, leave or fight back.
- ⌘ **Calm/Honeymoon Stage** - Abuser apologizes, begs forgiveness, makes promises; victim believes, has hope, is relieved and agrees to stay.



If your partner has ever been violent, it is likely to happen again. Without help, the violence usually gets worse. The end result can be serious injury or death.

How to Get Help

IN AN EMERGENCY – DIAL 911!

Illinois Domestic Violence 24-Hour Hotline – Information & referrals.

877-863-6338 or <http://www.dhs.state.il.us/page.aspx?item=30275>

Parish Nurse Kathy O’Neill – Referrals to counseling, spiritual guidance, assistance.

847-253-5353 x 238 or parishnurse@olwparish.org

WINGS 24-Hour Hotline - Emergency shelter, counseling, information.

847-221-5680 or <http://wingsprogram.com>

Love Is Respect National Teen Dating Violence Helpline – For Teens.

866-331-9474 or <http://www.loveisrespect.org/>

Archdiocese of Chicago Domestic Violence Outreach – Information and excellent resources.

<https://pvm.archchicago.org/human-dignity-solidarity/domestic-violence-outreach>

**All contacts are completely confidential.*

You are not alone; help is available.

"As pastors of the Catholic Church in the United States, we state as clearly and strongly as we can that violence, inside or outside the home, is never justified."

– US Conference of Catholic Bishops