

The Wave of Abuse

The Incident - The actual violent conflict.

Hearts & Flowers- In this phase, the perpetrator apologizes for their actions, promises never to do it again, possibly buys the victim gifts, etc.

Same Old Stuff (SOS) - In this phase, things go back to normal. Things are neither particularly bad nor good. The perpetrator may be talking down to their partner or being disrespectful in various ways.

Eggshell Stage - In this phase, things are getting tenser. The couple is arguing more. The perpetrator may be threatening their partner verbally or physically. The partner is constantly seeking ways to pacify the perpetrator.

Another Incident – The couple has another explosive fight.

