## **Remorseful Phase**

Abuser begins an intense effort to win forgiveness and ensure the relationship will continue. Apologizes for the abuse, but continues to blame the victim for it.

## **Tension Building** Phase

Abuser begins to exert control over their partner. Rules are developed, and consequences are outlined if those rules are broken. Minor

Romance Stage episodes of violence.
The abuser attempts to bond with the partner.

## Acute Battering Phase

Abuser exhibits uncontrolled outbursts of violence. Shortest but most dangerous of the three stages. Ends in an explosion of violence.