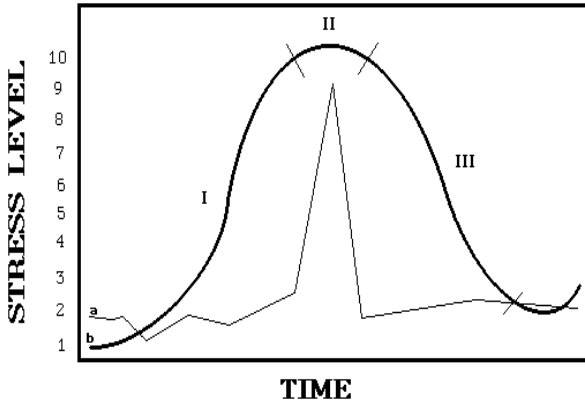




progression of VIOLENCE



The progression of violence is a tool to help you become more aware of your partner's stress levels and your response to your partner's escalation. As you become more aware, you have more chances to escape your partner's abusive behavior. **Without professional help, this sequence will continue. His/her abusive behavior will tend to get worse. His/her violence can cause serious injury.** Too many perpetrators do not seek help unless their only other choice carries serious legal consequences. The batterer can stop his/her sequence by learning new skills to deal with his/her issues and stress.

In the graphic above, line "a" represents the batterer's perception of the progression of violence. This usually includes much denial of stress and tension. There is little awareness that an abusive action is coming. The abuse is viewed as sudden, coming without prior buildup.

Line "b" in the graphic above is the real progression. It includes three phases that tend to repeat and get worse over time. The buildup is often more gradual than the batterer realizes. A more complete description of this model is found in handout: "The Phases of the Progression of Violence."

The graphic below diagrams several abuse cycles over time. Research shows that without intervention, a batterer's abuse increases in intensity and frequency over time. The batterer may stay at higher and higher levels of escalation, rarely dropping to lower levels.

