Can you fill in the blanks on the cycle of abuse below? Put them in order: honeymoon, tension building, calm, incident

Look at the cycle of abuse, how it feels at the start and how it progresses. Work through the stages and try to identify their own experiences and then explore this further on the next page.

**Cycle of Abuse – Young people**

Can you describe what happens at each stage?

**Tension building**

**Incident**

**Honeymoon**

**Calm**