



# CYCLE OF VIOLENCE

## BATTERER

Moody, yells  
Threatens, nitpicks  
Withdraws affection  
Uses put downs  
Abuses alcohol  
Destroys property  
Acts sullen  
Criticizes

Hits victim  
Chokes victim  
Humiliates victim  
Imprisons victim  
Rapes victim

Apologizes  
Begs for forgiveness  
Promises counseling  
Goes to AA, etc.  
Sends flowers  
Cries

## VICTIM

Tries to calm batterer  
Silent or talkative  
Distances family/friends  
Keeps kids quiet  
Agrees readily  
Withdraws  
Tries to reason  
Walks on egg shells

Protects themself  
Calls the police  
Tries to calm batterer  
Tries to reason  
Fights back/leaves

Agrees to stay/return  
or take batterer back  
Attempts to stop legal  
proceedings  
Sets up counseling  
for batterer  
Feels happy and hopeful

**BREAK THE CYCLE.**

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TENSION  
EXPLOSION  
HONEYMOON



VICTIM OF A CRIME?

WE'RE HERE  
TO HELP.

**24/7 HELPLINE**

Kalispel Tribe Victim Assistance Services

**877.700.7175**



## HELP IS AVAILABLE

Kalispel Tribe Victim Assistance Services provides healing, understanding, resources, awareness and respect for ALL victims, both Tribal and community members, seeking help and support from the impact of crimes including but not limited to:

- Domestic Violence
- Sexual Assault
- Impaired Drivers
- Child Abuse/Neglect
- Property Crime
- Elder Abuse
- Trafficking
- Identity Theft
- Burglary
- Robbery
- Arson
- Fraud
- Assault
- Homicide
- Death Notification
- Gang Violence
- Hate/Bias Crimes
- Kidnapped/Missing Persons

## ASSISTANCE SERVICES

**ALL SERVICES ARE CONFIDENTIAL AND ARE AVAILABLE TO WOMEN, MEN AND CHILDREN AT NO COST.**

- Crime victim advocacy
- Legal advocacy
- Counseling services information/referral
- Community education and outreach
- Support groups
- Emergency assistance

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