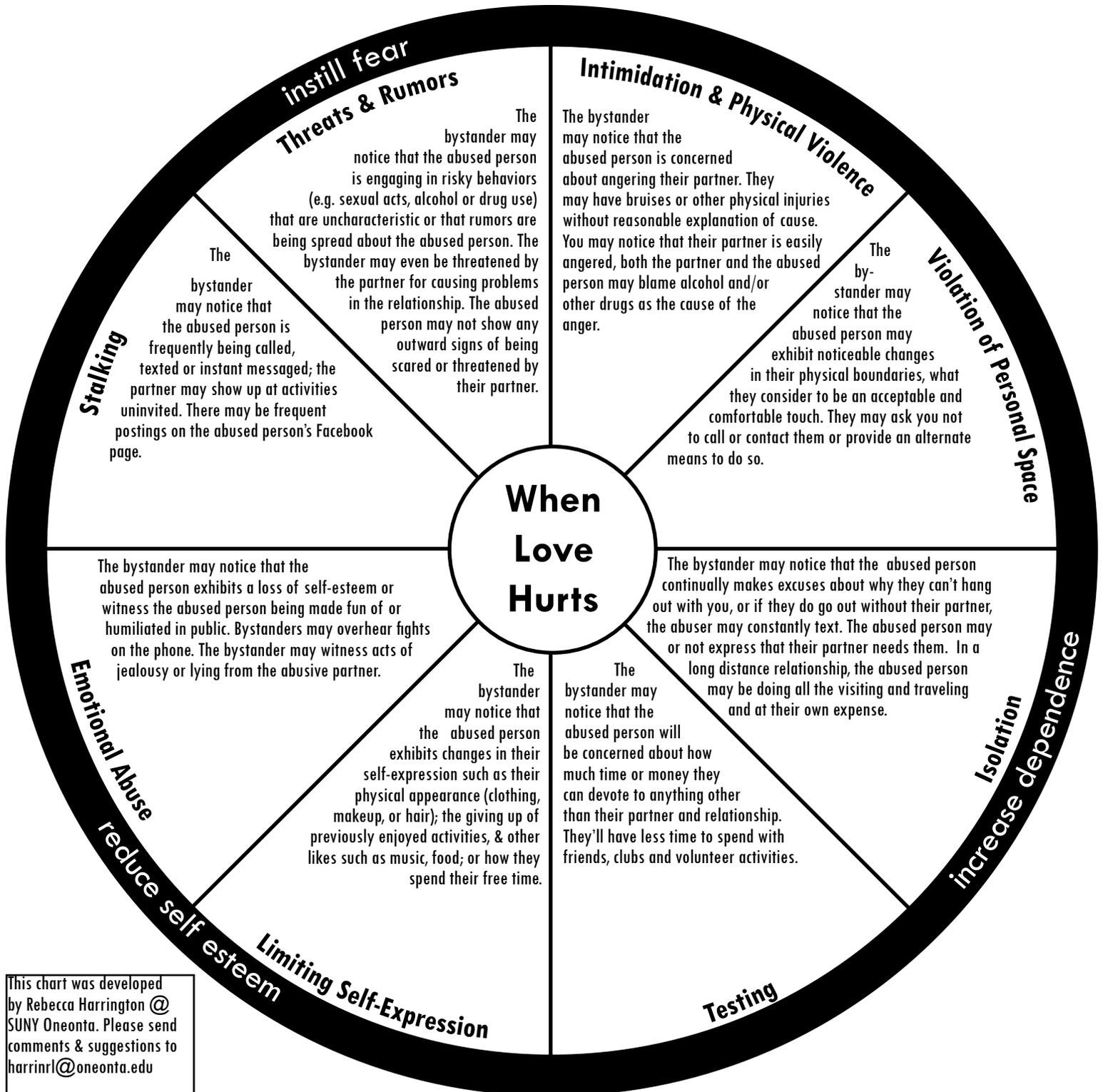


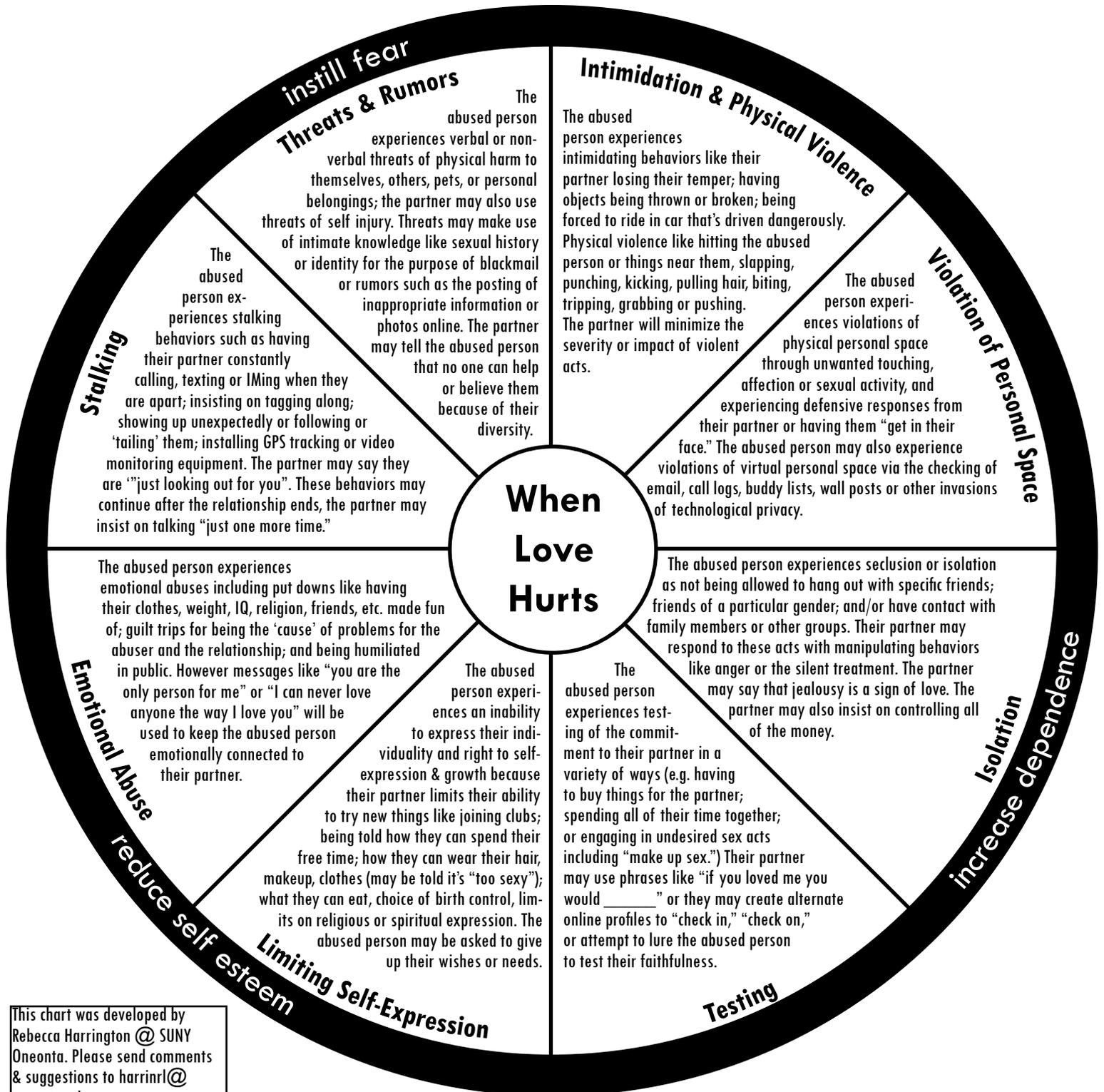
Patterns of Relationship Violence for Bystanders



This chart was developed by Rebecca Harrington @ SUNY Oneonta. Please send comments & suggestions to harrinrl@oneonta.edu

Message to those hoping to help a friend they believe may be in an unhealthy relationship: It's not uncommon to think "why don't they just leave?" Unhealthy relationships experience what is termed the "cycle of violence" This cycle consists of a tension building phase, the abuser's violent outburst and a final period when the abuser seeks forgiveness and things will be good. However, the cycle inevitably continues and escalates. Victims become accustomed to the pattern and put up with the abusive behavior because they know that a good period will follow. The best thing you can do is be there for your friend, let them know that you are always there to listen. Learn about the local resources available, talk with a counselor at your school or call your local hotline for advice and support. There are no guarantees, but someday your friend may gather the courage to make the break and you'll be prepared. Note: if you are ever in fear for your or your friend's physical safety contact your campus or local police immediately. The most dangerous time for a victim is right after they leave the relationship.

Patterns of Relationship Violence



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Message to those who think they may be in an unhealthy relationship:
Do not look at this chart as though it is a magazine quiz. If you relate to even a small number of the pie slices, you may be in a relationship with someone who is beginning to abuse you. Many of the behaviors in these lists are what experts consider to be "red flags" or warning signs. This means that while you may have only experienced a few of these things, there is a high probability that the abuse will not only continue, but is likely to get worse. If you have experienced a large number of the behaviors on this chart, it would be advisable to seek professional support. Your campus health and counseling centers can provide you with support as can your local hotline number-issues of this nature are confidential.