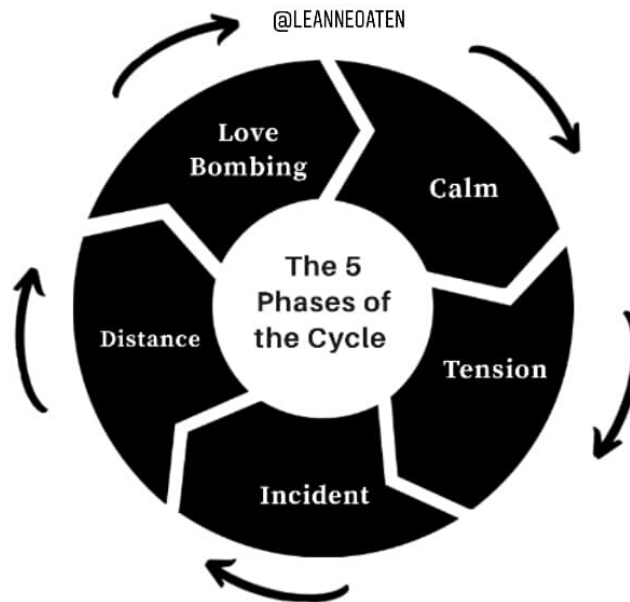


# THE EMOTIONAL ABUSE CYCLE OVERVIEW WORKSHEET

## THE 5 PHASES OF THE EMOTIONAL & PSYCHOLOGICAL ABUSE CYCLE



Which part of the cycle am I experiencing right now?

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What am I feeling right now in this phase? What am I doing in reaction?

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What is one thing I can do to break this pattern in this phase?

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