Pattern of Abuse

1. The batterer uses this pattern to maintain authority in the relationship and to punish their partner for not doing what they want when they want it.
2. This is the batterer’s pattern; they have control over the frequency and severity, NOT the victim.
3. The pattern has intent.
4. The pattern usually increases in frequency and intensity as it repeats.
5. The hearts and flowers stage often disappears over time.
6. The continuation of the pattern often results in homicide, suicide or both.
7. The pattern will not stop without some kind of intervention.

HEARTS AND FLOWERS

1. The purpose is to invalidate the memory/perception of the violence.
2. The batterer portrays themselves as the person the victim fell in love with.
3. This causes the victim to doubt that the violence took place, or if it did, that they caused it.
4. The victim accepts the responsibility for the abuse and continues to alter their behavior to try and stop it from happening again.