

## HANDOUT 2- AGGRESSION CYCLE

### 4 PHASE PROCESS

- 1. The Buildup Phase:** Changes occur in **Behaviors, Emotions, Sensations, and Thinking**. The person begins to **feel** angry, frustrated, deprived, etc and begins a process of rationalizations (**distorted thinking**) to justify why he/she has a right to be angry and aggressive. The thoughts begin to generate **behaviors** which are high risk for relapse to aggression.
- 2. The Explosion Phase:** Having been unaware of the changes which occurred in the Buildup Phase the person sees aggression as the only option available and becomes aggressive.
- 3. The Remorse and/or Relief Phase:** During this phase there is a combination of guilt, Shame, remorse, anger and self-blame which is coupled with a sense of relief after discharging the emotions which built up. Promises are often made that it will never happen again.
- 4. The Honeymoon Phase:** For a period of time the aggressor will be loving and generous toward the victim/victims. Unless the cycle is interrupted there will be a re-activation of the Buildup Phase and the process starts over again.

