

TENSION

Des excès colériques, des silences lourds,
des intimidations, des regards menaçants.

ANXIÉTÉ :

Je sens que ça risque d'aller mal, je me sens inquiète,
je mets beaucoup d'énergie pour baisser la tension,
j'ai peur : je paralyse, j'ai l'impression de marcher
sur des œufs.

PHASE 1

CYCLE DE LA VIOLENCE

AGRESSION

Verbale, psychologique,
physique, sexuelle,
économique.

COLÈRE ET HONTE :

Je suis humiliée, je suis triste,
j'ai un sentiment d'injustice

PHASE 2

PHASE 3

JUSTIFICATION

Trouve des excuses, explique pourquoi il y a eu
éclatement : les raisons sont à l'extérieur de lui.

RESPONSABILISATION :

Je vais croire et comprendre ses justifications, si je pouvais
l'aider à changer, je vais m'ajuster à lui, je doute de mes
perceptions (est-ce vraiment une agression?), je me sens
responsable et ma colère disparaît.

RÉCONCILIATION

Tout pour se faire
pardonner, demande de
l'aide, parle de thérapie,
de suicide...

ESPOIR :

Je vois ses efforts de
changements, je lui donne
une chance, je l'aide,
je retrouve celui que j'aime,
je change mes attitudes.



PHASE 4

Le Piegravege De La Violence Et Les Jeunes

Jacques Laplante



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