Breaking Cycles of Violence • Building Resilience

Aggressor Cycle (Acting Out)
- Mourning, grieving
- Naming and/or confronting fears; accepting loss
- Transforming conflict; negotiating solutions; constructing joint narratives
- Integrating trauma into new self and/or group identity
- Choosing to forgive
- Establishing justice; acknowledging responsibility; exploring restitution and "creative justice"
- Practicing tolerance and coexistence
- Engaging the offender (or society)

Victim Cycle (Acting In)
- Mourning, grieving
- Naming and/or confronting fears; accepting loss
- Transforming conflict; negotiating solutions; constructing joint narratives
- Integrating trauma into new self and/or group identity
- Choosing to forgive
- Establishing justice; acknowledging responsibility; exploring restitution and "creative justice"
- Practicing tolerance and coexistence
- Engaging the offender (or society)

Possibility of reconciliation
- Reflecting on root causes; acknowledging the other’s story
- Committing to take risks
- Memorializing

Finding safety and support
- Acknowledging and supporting the other’s story
- Committing to take risks
- Memorializing

BEGIN HERE

AcKNoLBeDGement

Reconnection