Cycles of Violence

**Aggressor Cycle (Acting Out)**
- Experiencing unmet needs for safety and justice — shame, humiliation, fear
- Seeing self/group as victims, embracing "us" vs. "them" identity
- Developing good vs. evil narrative
- Dehumanizing the "other"
- Viewing violence as redemptive
- Deciding to pursue own needs, even at expense of others
- Responding to social and cultural pressures, pride

**Victim Cycle (Acting In)**
- Shocks, injury, fear, denial
- Suppression of grief and fears
- Anger, rage, spiritual questions, loss of meaning
- Survivor guilt, shame and humiliation
- Fantasies of revenge, need for justice, safety
- Realization of loss — panic, anxiety

**Traumatic event(s): acts of violence**
- Physiological responses - fight, flight, freeze
- Powerless, helpless feelings
- Depression
- Shock, injury, fear, denial
- Trembling, crying, heat, cold
- Suppression of grief and fears
- Silencing, constricted emotions

**Re-experiencing events, intrusive thoughts, avoiding reminders, hyper/hypo-arousal**
- Physical ailments
- Suicide
- Self-abuse, addictions, intergenerational trauma
- Learned helplessness, fatalism
- Internalized oppression

**Creating and sustaining unjust structure and system**
- Domestic violence
- Bullying
- Lawlessness
- Repetitive violence/war
- Child abuse

**Attacking in the name of self-defense, justice or honor**
- Viewing violence as redemptive
- Responding to social and cultural pressures, pride

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