Aggressor Cycle (Acting Out)

Trauma Experience

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

Establishing justice; acknowledging responsibility; exploring restitution and "creative justice"

Choosing to forgive

Practicing tolerance and coexistence

Engaging the offender (or society)

Committing to take risks

Reflecting on root causes; acknowledging the other’s story

Memorializing

Choosing to forgive

Body/brain regulation

Finding safety and support

Breaking Cycles of Violence • Building Resilience

ACKNOWLEDGEMENT

RECONNECTION

BEGIN HERE