

# Cycle Of Violence

Manhole

To whom it may concern...  
this is an attempt. an attempt to expose the realities which every woman will face at some point in her life.  
as a witness to the current economic and political pressures which limit women's lives and to the horrifying  
effect of these limitations i will do everything within my power to speak out against sexism racism and  
violence against woman. phase one: the tension building stage s  
he feels scared, hurt, alone, afraid. she's  
embarrassed and her behavior is submissive he's jealous and his  
behavior is aggressive verbally abusive  
arrogant, controlling she walks on eggshells pretends she ain't  
knowing. here comes the cycle, cycle of  
violence here comes the cycle, you can't silence phase two: the  
violent episode stage now he's angry, out of  
control with rage and he don't give a damn who gets hurt or killed he's seeing red with his eyes and his heads  
filled... with fatal thoughts maybe even murder the same man who told her he would never hurt her here comes  
the cycle, cycle of violence here comes the cycle, break the silence 3, 2, 1 she's on the ground, 3, 2, 1 she  
gets a beat down every 11 days in this country a woman is murdered by her husband, boyfriend or live-in lover,  
40% of women who commit murder do so in self-defense. think about it, then you decide. 3, 2, 1 she's got the  
gun 3, 2, 1 and now it's done