

# Are Abuse and Violence Always a Choice?



In this series of web pages the most basic principle is that violence and abuse do not just happen--they are always, every time, choices we make. To test this, try the following True/False questionnaire

- |   |     |
|---|-----|
| Abusive words just pour uncontrollably out of my mouth  | T/F |
| My hand just shoots out and hits, sometimes, without my making any decision about it                              | T/F |
| When my partner yells angrily I automatically do the same back  | T/F |
| When my partner shoves me, I can't help shoving or hitting her  | T/F |
| When I think my partner is lying to me I spontaneously abuse her  | T/F |
| When another driver honks at me I have to give him the fingers  | T/F |
| When I am drinking, the glass lifts itself to my mouth and tips its contents down my throat                       | T/F |
| Because my father or mother were violent and abusive, I have no choice but to repeat their pattern of behaviour   | T/F |
| Using fear, insults and physical force is a natural part of me that I can't help                                  | T/F |
| Although these examples are all "False" I can find other examples of times when my abuse/violence is not a choice | T/F |

**SO WHAT DO YOU THINK - ARE ABUSE AND VIOLENCE ALWAYS A MATTER OF CHOICE OR NOT?**

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Phone: (643) 328-7082 Fax: (643) 328-7089  
PO Box 188, Lyttelton 8841, New Zealand, [www.hma.co.nz](http://www.hma.co.nz)