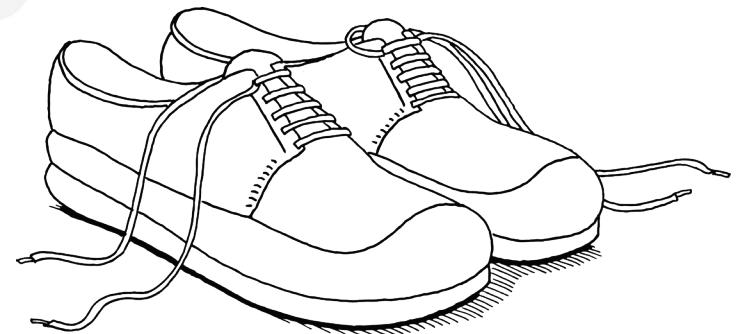
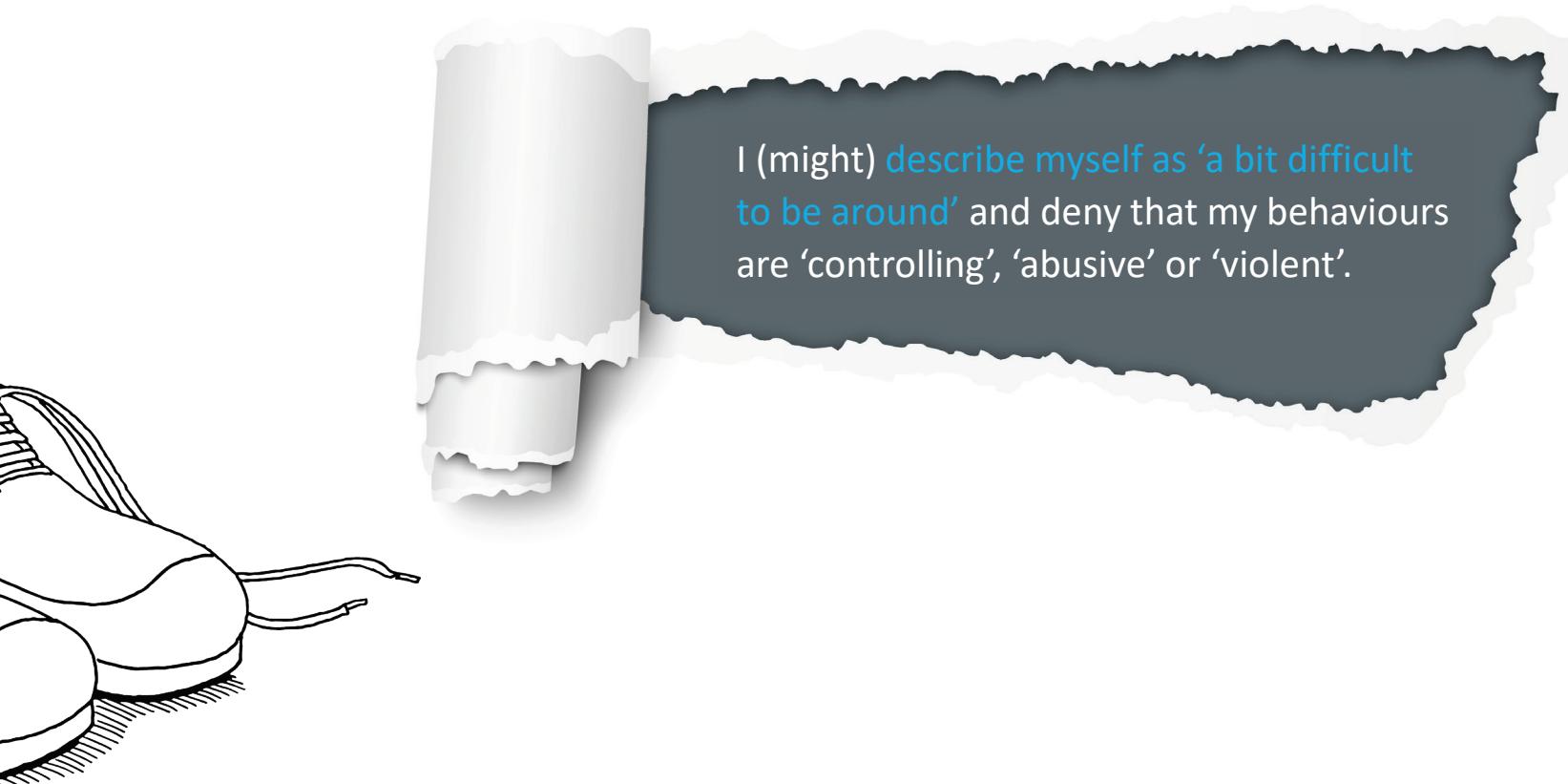


Creating
Conversations
about the use of
violence and
abuse being a
choice.





I (might) choose to use control, abuse and violence in **hidden or overt ways** that are seen or unseen by others.



I (might) describe myself as 'a bit difficult to be around' and deny that my behaviours are 'controlling', 'abusive' or 'violent'.



I (might) see myself as someone who **does not want to** use control, abuse and violence, and as **having good intentions**. I (might not) **plan to**, and (may) even **regret my choices**.



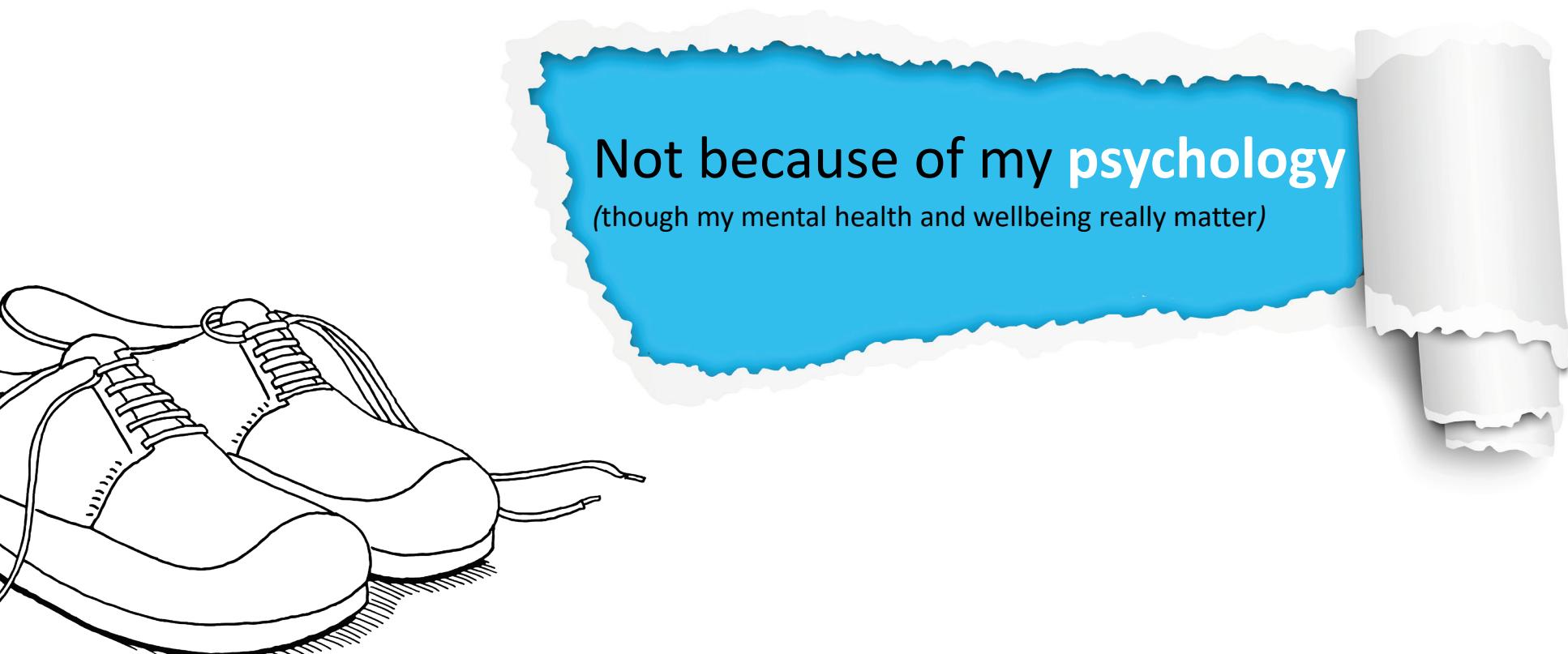
When I choose to behave in ways that are controlling, abusive and violence this is...



Not because of my **biology**

(though my physical health and wellbeing really matter)

When I choose to behave in ways that are controlling, abusive and violent this is...



Not because of my psychology

(though my mental health and wellbeing really matter)

When I choose to behave in ways that are controlling, abusive and violent this is...



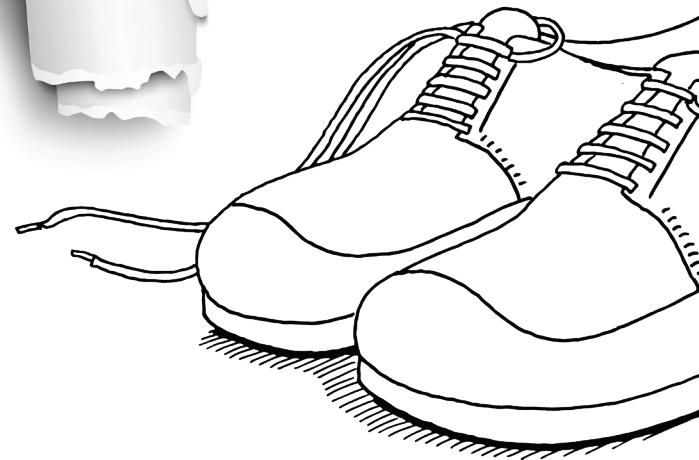
Not because of my **society**

(though my social interactions, connections, influences and community really matter)

When I choose to behave in ways that are controlling, abusive and violence this is...

Not because of my culture

(though my cultural identity, experiences, connections, values, norms, traditions really matter)





When I choose to behave in ways that are controlling, abusive and violence this is...

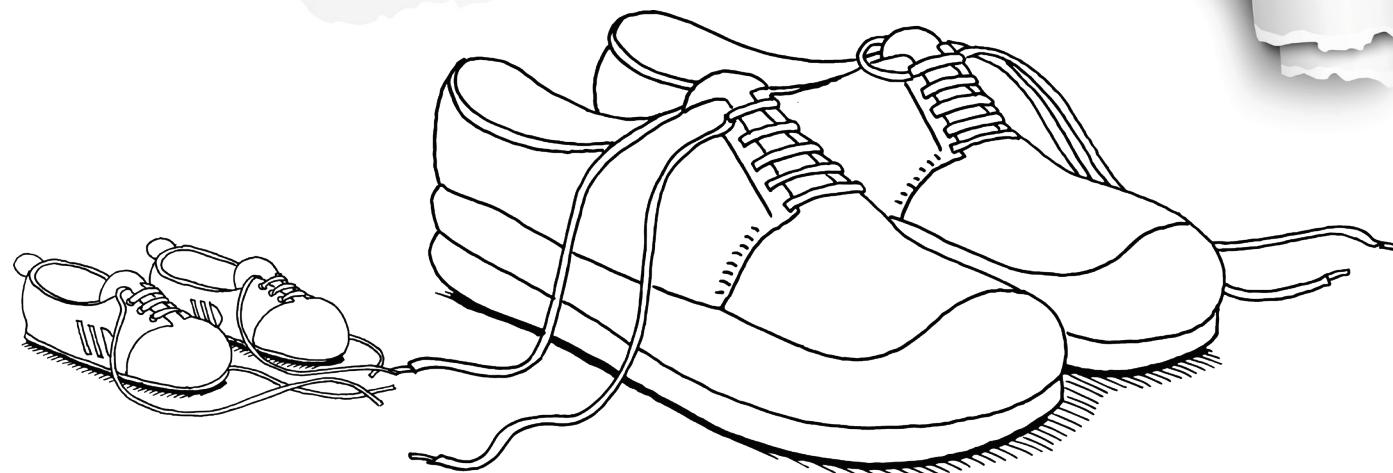
Not because of my *faith, religion or spirituality*

(though my beliefs, practices, theology, and traditions really matter)

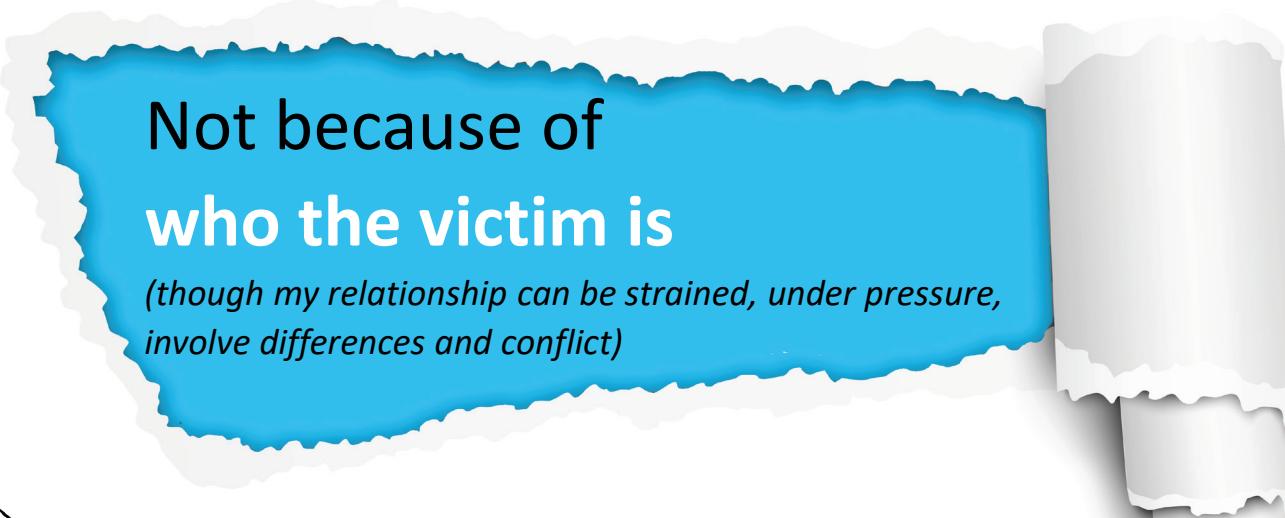
When I choose to behave in ways that are controlling, abusive and violent this is...

Not because of my **childhood**

(though my early experiences, interactions and relationships really matter)

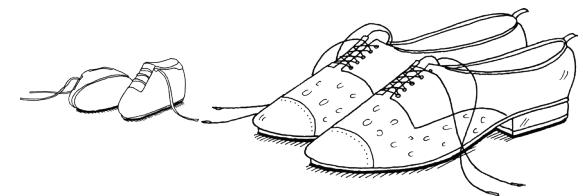


When I choose to behave in ways that are controlling, abusive and violent this is...



**Not because of
who the victim is**

*(though my relationship can be strained, under pressure,
involve differences and conflict)*



When I choose to behave in ways that are controlling, abusive and violence this is...



Not because of **substances or alcohol**

(though substances and alcohol may impact my mood,
judgement and stability)

When I choose to behave in ways that are controlling, abusive and violent this is...

Not because of my
circumstances

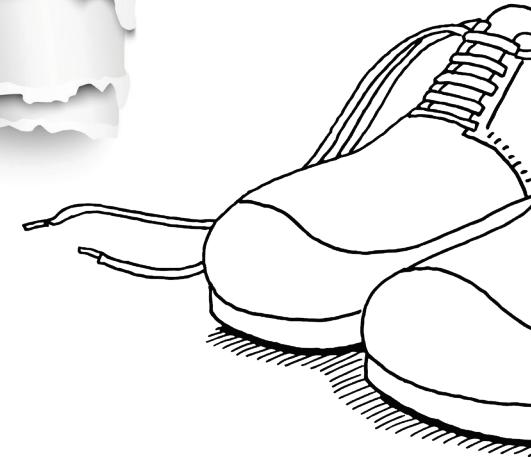
(though my context may be challenging and complex)



When I choose to behave in ways that are controlling, abusive and violent this is...

Not because of COVID-19

(though my liberties, income and circumstances really matter)





It is because
I choose to.



**I am not
violent and
abusive all
the time.**

**I am in control of my
behaviour all the time.**

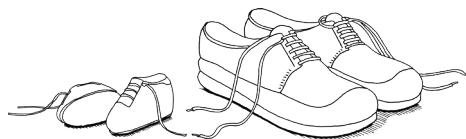


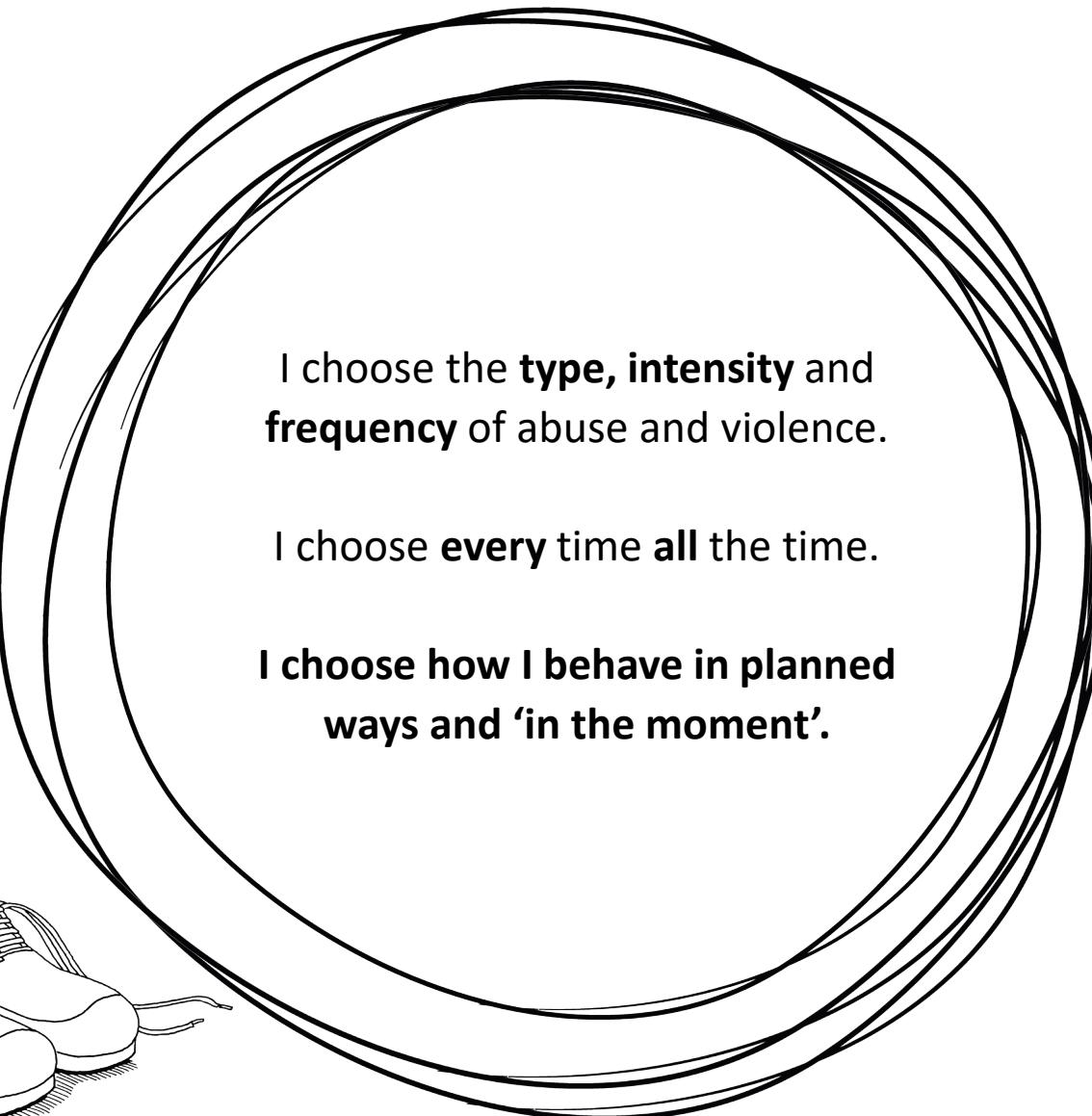
I choose **who**
I use violence
and abuse
against.



I choose
where I use
violence and
abuse.

I choose
when I use
violence and
abuse.





I choose the **type, intensity** and
frequency of abuse and violence.

I choose **every** time **all** the time.

**I choose how I behave in planned
ways and 'in the moment'.**





I choose **who I
don't** use
violence and
abuse against.

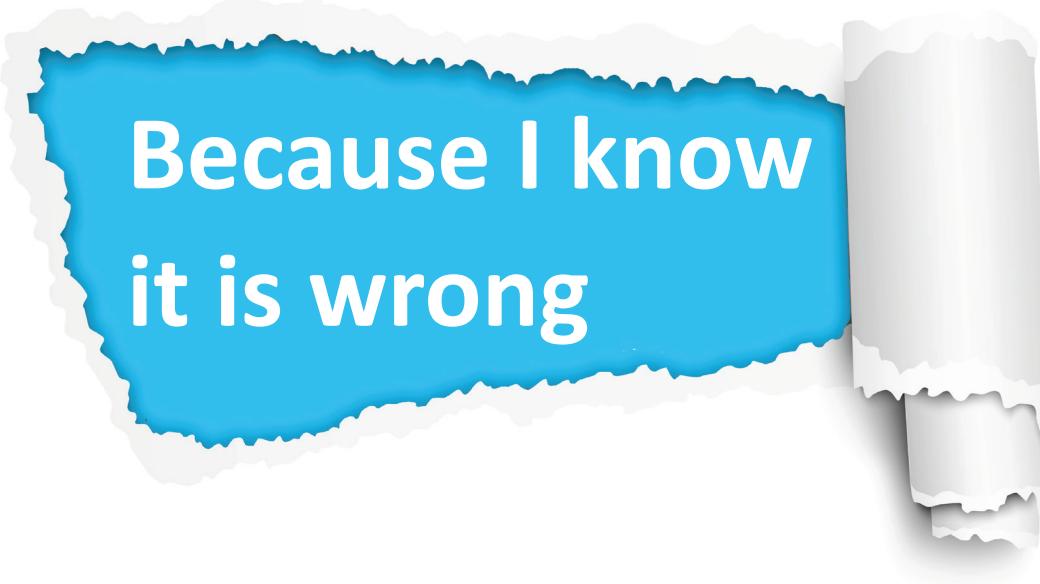
I choose
**where I
don't** use
violence and
abuse.

I choose
**when I
don't** use
violence and
abuse.



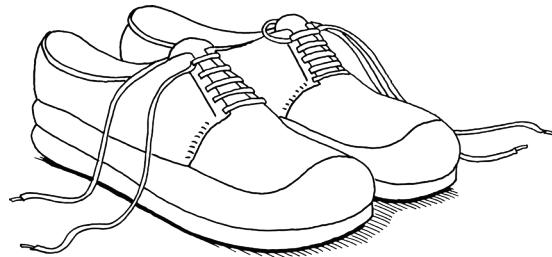
I choose **my excuses for my behaviour.**

I make **excuses for my behaviour**



Because I know
it is wrong

Because I am competent, and capable...
I can choose to stop my use of violence and abuse.



My reasons for behaving in violent and abusive ways
are no excuse for choosing to use violence and abuse.

“

**Don't create excuses for my controlling,
abusive and violent behaviour.**

Excuses provided to me by society, services
and systems deny

- my **competency**,
- my **capability**,
- and my **responsibility**.

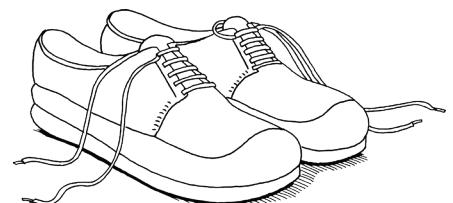
They deny the deliberateness of my actions
and the control I have, and **this allows me**
to extend my use of abuse and violence.



”



I can choose to seek
support to choose
different behaviours.



Are you concerned
about what's
going on in your
relationship?

Are you **controlling** or
hurting the people you
care about?

www.insightexchange.net

I am I can

Scan the Static QR code to open the **I am I can** landing page on Insight Exchange, where you can view the [I am I can](#) animation (4mins) and read a list of places in Australia and New Zealand that can help.

www.insightexchange.net/i-am-i-can/

