This wheel, called the *Wheel of Violence* presents the many behaviors a partner might use to control a spouse or intimate partner. A partner using these behaviors may not physically abuse his/her spouse at all or may only seldom use physical violence. Watch for characteristics of these behaviors if one of your Family’s has had a Family violence claim. These behaviors may be observable during an organizational day or by the fact that a Soldier’s Family is never seen by the unit and lives far from the post. These behaviors might be obvious in the words or way a Soldier describes his/her spouse or blames the spouse for causing an incident. You will readily notice that this wheel depicts a male offender. Although at least 70 percent of Family Violence is perpetrated by males, a growing number of male victims also are coming forward.
This *Wheel of Non-Violence*, depicts alternative, non-violent behaviors to those listed in the Wheel of Violence.

- **Fairness**: Look for fair ways to solve problems. Accept change. Be willing to both give and take.
- **Actions That Feel Safe**: Talk and act so that she feels safe and at ease as she is talking and doing things.
- **Shared Money**: Make money decisions together. Make sure both of you share the good and bad of money and its problems.
- **Respect**: Listen to her without judging. Be understanding. Value her ideas.
- **Shared Work**: Agree together on how to divide work fairly. Make family decisions as a team.
- **Trust and Support**: Help her feel good about her goals in life. Respect her right to her own feelings, friends, activities, and ideas.
- **Good Parent**: Share the job of being parents. Be a good, non-violent role model for your child.
- **Honesty**: Accept that you are responsible for yourself. Admit any violence in the past. Say you were wrong. Speak openly and speak the truth.