Abstract
The principal idea of this paper is that in everyday life as human beings we used to suffer violences included in our own behavior, becoming unables to proceed with entire morality because we are unconscients about many of our actions. Since with each one of those acts, voluntaries or not, we propose social practices, reproducing and even creating a value system that no matter if they are desire or not, will be reverted to us with supraindividual exigency. To leave behind our incoherence and tear up by the roots the violence, we must first of all, recognize it even on its more subtles manifestations and then confronting it with determination

Keywords
Violence, habits, moral, structure, history, Venezuela