

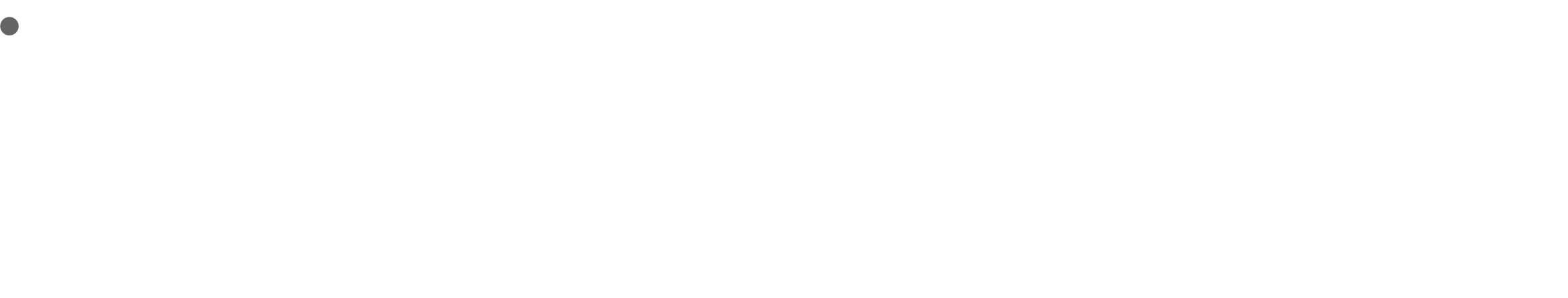




CIVILIZING



self-constraint



- In place of physical violence other types of violence



# THE CIVILIZING PROCESS

- Elias also claims that **self-constraint** is only developed within centralized societies, such as the modern nation-state.
- In other words, groups that are no longer constantly threatened by constant physical violence thanks to national armed forces instead rely more on internal forces, such as self-policing and self-discipline, to maintain order.
- **In place of physical violence**, however, **other types of violence** can be imposed upon groups, like “economic” violence (how capitalists oppress the proletariat by monopolizing the means of production).

# THE CIVILIZING PROCESS

