Preventing honour violence is a political priority for the Swedish justice system. In the past few years a number of studies have studied the phenomenon of honour violence in Western states. Most of these studies have focused on conceptualizing honour violence, on the scope of victimization or the experiences of victims of violence. This study instead seeks to explore the norms, values, experiences and perspectives of offenders of honour violence. The study is based on in-depth interviews with 16 offenders of honour related violence in Sweden, which were conducted in prisons and probation offices while the participants were serving a sentence for an honour related violent crime. The interviews were transcribed, coded and analyzed thematically. Themes that emerged include prior experiences of violence, separation, parenting, migration and honor. The study concludes with reflections on how state agencies and other actors can consider this new knowledge in their strategies for preventing honour violence in the future.