“Equality Wheel”

NON-THREATENING BEHAVIOR
Talking and acting so that the person feels safe and comfortable expressing themselves and doing things.

RESPECT
Listening to the person non-judgmentally * being emotionally affirming and understanding * valuing opinions.

TRUST AND SUPPORT
Supporting the person’s goals in life * respecting the person’s right to their own feelings, friends, activities and opinions.

HONESTY AND ACCOUNTABILITY
Accepting responsibility for self * acknowledging past use of violence * admitting being wrong * communicating openly and truthfully.

Responsible Parenting
Sharing parental responsibilities * being a positive non-violent role model for the children.

Shared Responsibility
Mutually agreeing on a fair distribution of work * making family decisions together.

Economic Partnership
Making money decisions together * making sure both partners benefit from financial arrangements.

Negotiation and Fairness
Seeking mutually satisfying resolutions to conflict * accepting change * being willing to compromise.