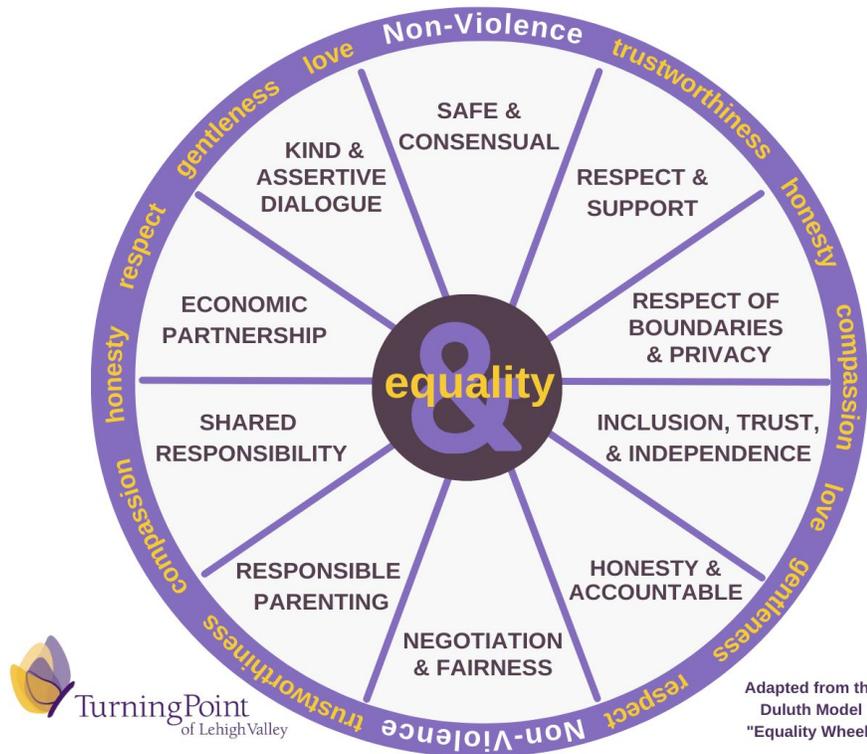


Equality Wheel

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The Equality Wheel (above) serves as a visual contrast to the Power and Control Wheel, highlighting the behaviors that define a healthy and equal relationship. In a healthy relationship, the inner ring represents the core behaviors of an equal and balanced partnership, while the outer ring emphasizes the positive traits (i.e. honesty, trust, compassion, etc.) that further *reinforce* the stability and health of the relationship, *without* the need for violence.

Abusive relationships revolve around power and control and are extremely unbalanced. *On the other hand*, healthy relationships prioritize open, safe, and regular communication about maintaining balance and mutuality between those in the relationship. They emphasize healthy boundaries, and both parties value their partner's contributions while still respecting each other's differences and independence.

Note: Equality in relationships is not always a 50/50 split. Relationship equality may ebb and flow over time, depending on each person's needs, interests, and desires. A healthy relationship doesn't demand constant perfection or balance. Rather, it relies on consistent, safe, and mutually respectful communication about each person's needs and boundaries. By understanding and fostering equality, we can build healthier and more supportive relationships rooted in mutual respect.

Some examples of each category may include:

<p>Safe & Consensual Relationship</p>	<ul style="list-style-type: none"> – Intimacy and time spent together is desired, fun, and brings out the best in each other – Relationship pacing and speed feels enjoyable and comfortable for each person – Consent is freely given without external influences or pressure – Intimacy preferences are communicated openly and are respected by partner – All parties feel safe to engage in, or stop intimacy at any point – Respects bodily autonomy and individual decision-making for health choices
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Respect & Support	<ul style="list-style-type: none"> – Listens non-judgmentally – Emotionally affirms and validates partner’s thoughts and feelings – Values partner’s opinions and beliefs – Actively supports and encourages partner’s independent goals, and shared goals – Loves, respects, and cherishes differences – Builds partner’s confidence and cheers partner on in their endeavors – Supports open, honest communication (without fear of punishment or consequence)
Respect of Boundaries & Privacy	<ul style="list-style-type: none"> – Supports each other’s individual privacy, both digitally and in person – Advocates for each other’s personal space and independence – Respects time needed for responsibilities and duties outside of the relationship – Preferences and limits are respected, supported, and encouraged – Feels safe and comfortable to say no at any point without consequence
Inclusion, Trust, & Independence	<ul style="list-style-type: none"> – Encourages healthy space – Supports partner’s independent interests, hobbies, and friend groups – Is open to including partner in their own interests, hobbies, and friend groups – Encourages partner to spend time with those who feel comfortable, safe, and respected – Trusts that partner will respect the relationship and the individual (and not try to hurt you or ruin the relationship)
Honesty & Accountability	<ul style="list-style-type: none"> – Acknowledges mistakes and admits wrongdoing – Takes accountability for actions and accepts personal responsibility – Communicates openly and truthfully and encourages the same from partner
Negotiation & Fairness	<ul style="list-style-type: none"> – Seeks mutually satisfying resolutions to conflict – Accepts change and is willing to find compromises – Encourages a calm, stable environment for communication – Communicates through conflict in a way that is consistent and supportive – Both partners feel safe to equally express sentiments of joy and/or concerns
Responsible Parenting	<ul style="list-style-type: none"> – Shares parental caretaking responsibilities – Is a positive, nonviolent role model for the children – Uses age-appropriate engagement with children – Prevents involving children in adult conflict or adult responsibilities
Shared Responsibility	<ul style="list-style-type: none"> – Mutually agrees on a fair share of work and life balance with partner – Practices regularly making family and relationship decisions together – Listens well and accepts honest feedback – Values different perspectives and insights to improve communication and connection – Puts forth mutual effort and has mutual input towards the success of the relationship
Economic Partnership	<ul style="list-style-type: none"> – Works together to make financial decisions – Ensures both partners see equal benefit from financial arrangements – Encourages responsible and transparent financial holdings – Supports partner’s financial independence, personal and professional development, and/or employment goals
Kind & Assertive Dialogue	<ul style="list-style-type: none"> – Speaks and acts in ways that make each other feel safe and comfortable to be open – Addresses concerns or issues in a kind and timely manner – Uses healthy coping strategies when emotionally escalated, and returns to difficult conversations in a respectful, safe, and accountable way within a reasonable timeframe – Shows empathy and caring for partner, even in conflict