

Healthy Relationships Equality Wheel

Honesty & Responsibility

- Not making excuses for your partner's actions or your own actions
- Admitting when you are wrong or made a mistake
 - Keeping your word

Open Communication

- Being able to express your feelings and opinions
- Knowing it's okay to disagree
- Saying what you mean and meaning what you say

Trust & Support

- Being supportive
- Wanting the best for your partner
- Communicating your feelings to your partner
- Offering encouragement when necessary
- Being okay with your partner spending time with friends and other people

Intimacy

- Respecting your partner's boundaries
- Respecting each other's privacy
- Not pressuring your partner
- Being faithful

Respect

- Paying attention to your partner, even when your friends are around
- Valuing your partner's opinion even if it differs from your own
- Listening to what your partner has to say
 - Respecting privacy with passwords and social media

Shared Responsibility

- Making decisions together
- Splitting or alternating costs on dates
- Doing things for each other
- Going to places you both enjoy
- Giving as much as you receive

Fairness & Negotiation

- Accepting change
- Being willing to compromise
- Working to find solutions that are agreeable to both people
- Agreeing to disagree sometimes

Physical Affection

- Communicating about your comfort level with physical affection
- Respecting each other's right to say no or change your mind
 - Asking for consent before acting