Equality Wheel

**Nonviolence**

- **Negotiation and Fairness**
  - Seeking mutually satisfying resolutions to conflict
  - Accepting change
  - Being willing to compromise

- **Non-Threatening Behavior**
  - Talking and acting so that both feel safe and comfortable expressing our feelings and doing things
  - Practicing consent in sexual relationships

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

- **Respect**
  - Listening to each other non-judgmentally
  - Being emotionally affirming and understanding
  - Valuing each other's opinions

- **Shared Responsibility**
  - Mutually agreeing on a fair distribution of work
  - Making family decisions together

- **Trust and Support**
  - Supporting each other's goals in life
  - Respecting each other's right to their own feelings, friends, activities and opinions

- **Honesty and Accountability**
  - Accepting responsibility for self and actions
  - Acknowledging past use of violence
  - Admitting being wrong
  - Communicating openly and truthfully

- **Responsible Parenting**
  - Sharing parental responsibility
  - Being positive non-violent role models for children

Adapted from the Domestic Abuse Intervention Project Duluth, Minnesota