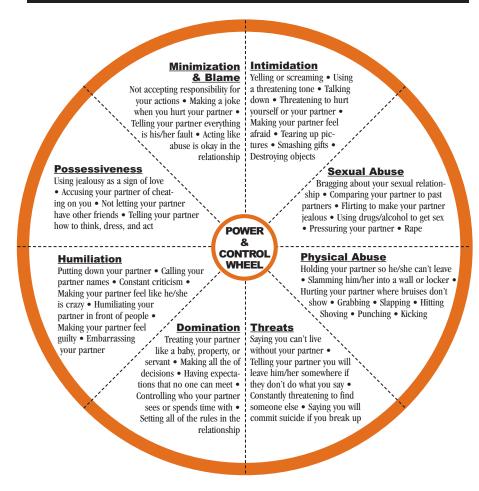
HEALTHY RELATIONSHIP

Honesty & | Open Responsibility Communication Not making excuses for your Being able to express your partner's or your own actions | feelings or opinions • Knowing • Admitting when you are it's okay to disagree • Saying wrong • Keeping your word • | what you mean and meaning Not canceling plans what you say Trust & Support Being supportive . Wanting Intimacy the best for your partner • Respecting your partner's bound-Knowing your partner likes you • aries • Respecting each other's Offering encouragement when privacy • Not pressuring your necessary . Being okay with your partner • Being faithful partner having different friends EQUALITY WHEEL Physical Affection Respect Holding hands • Hugging • Kissing • Paying attention to your partner Sitting or standing with your arm on even when your friends are around your partner's shoulder • Respecting • Valuing your partner's opinion each other's right to say no • Asking even if it differs from yours • before acting Listening to what your part-**Shared** | Fairness & ner has to say Responsibility | Negotiation Making decisions together | Accepting change • Being • Splitting or alternating the willing to compromise • costs on dates • Doing things | Working to find solutions that for each other • Going places | are agreeable to both people • you both enjoy • Giving as ! Agreeing to disagree sometimes much as you receive

UNHEALTHY RELATIONSHIP



A healthy dating relationship is based on EQUALITY and RESPECT, not power and control. Think about how you treat — and want to be treated — by someone you care about. Compare the examples of the Equality Wheel with those on the Power & Control Wheel.