Is Your Relationship Healthy?

NONVIOLENCE

Economic Partnership
- Makes money decisions with your involvement
- Makes sure both of you benefit from financial arrangements

Negotiation & Fairness
- Works with you to resolve conflict
- Accepts changes
  - Willing to compromise

Shared Responsibility
- Mutually agrees with you on a fair distribution of work
- Makes decisions that impact the family with you

Responsible Parenting
- Shares parental responsibilities
  - Acts as a positive, non-violent role model for children

Non-Threatening Behavior
- Talks and behaves in ways that ensure you feel safe and comfortable expressing yourself

Respect
- Listens to you without judgement or interruption
- Validates your emotions
- Values your opinions and feelings

Trust & Support
- Supports your goals in life
- Respects your right to have your own feelings, friends, activities, and opinions

Honesty & Accountability
- Accepts responsibility for self and actions
- Acknowledges any past use of violence and admits to mistakes
- Communicates openly and truthfully

Adapted from Duluth Power & Control Wheel, Domestic Abuse Intervention Project