Responsibility

Not making excuses for your partner's or for your own actions • Admitting when you are wrong • Keeping your word Not cancelling

Being supportive Wanting the best for your partner •

Trust &

Support

Knowing your partner likes you . Offering encouragement when necessary • Being okay with your partner having different friends

Honesty &

plans

EQUALITY

WHEEL

Open Communication

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

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 yours • Listening to what your partner has

to say

Shared Responsibility

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

Physical Affection

Holding hands • Hugging • Kissing • Sitting or standing with your arm on your partner's shoulder • Respecting each other's right to say no • Asking before acting

Fairness & **Negotiation**

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

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