Characteristics of Equality:

NEGOTIATION AND FAIRNESS:

Seek mutually satisfactory resolutions to conflict. Accepting changes. Being willing to compromise.

NON-THREATING BEHAVIOR:

Talking and acting so that expressing feelings is comfortable. Acting in a way that creates a safe feeling and environment

RESPECT:

Listen without expressing judgment. Being emotionally affirming and understanding. Value the opinions of others. Having a balance of giving and receiving.

TRUST AND SUPPORT:

Supporting each other’s goals in life. Respecting each other’s right to their own feelings, opinions, friends, activities

HONESTY AND ACCOUNTABILITY:

Accepting responsibility. Acknowledging past use of violence. Admitting being wrong. Communicating openly and truthfully.

SELF-CONFIDNECE AND PERSONAL GROWTH:

Respecting each other’s personal identity and encouraging individual growth and freedom. Supporting each other’s self worth.

SHARED POWER:

Taking mutual responsibility and having equal influence on the relationship. Making decisions together.

COMMUNICATION:

Willingness to have open and spontaneous dialogue. Problem solving and compromising so each person is happy with the decision.

Characteristics of Power and Control:

PEER PRESSURE:

Threatening to expose someone’s weakness or spread rumors. Telling malicious lies about an individual to peers.

ANGER/EMOTIONAL ABUSE:

Putting someone down. Making someone feel bad about himself/herself. Name calling. Making someone think they are crazy. Playing mind games. Humiliating one another. Making someone feel guilty

USING SOCIAL STATUS:

Treating someone like a servant. Making all the decision. Acting like the “master of the relationship”

INTIMIDATION:

Making someone afraid by using looks, actions, gestures. Smashing things. Destroying property. Abusing pets. Displaying weapons.

MINIMIZE/DENY/ AND BLAME:

Making light of and taking someone’s concerns seriously. Saying bad behavior didn’t happen. Shifting responsibility for one’s bad behavior.

THREATS:

Making and/or carrying out threats to hurt someone. Threatening to end a relationship or to commit suicide. Making someone do something illegal.

SEXUAL COERCION:

Manipulating or making threats to get sex. Getting someone drunk or drugged to get sex. Pressuring someone to have sex when they don’t want to.

ISOLATION/EXCLUSION:

Controlling what someone does, who that person sees and talks to, what they read, where they go. Limiting outside involvement. Using jealousy to justify actions.