THE EQUITY & RESPECT WHEEL: AFRICAN AMERICAN/BLACK
CREATED BY AMANI COMMUNITY SERVICES

These are the primary eight ways to identify a healthy relationship

1. NON-THREATENING
   EX: RESPECTS YOU AND YOUR RELATIONSHIP PRIVATELY & PUBLICLY
   - YOU FEEL PROTECTED IN THEIR PRESENCE
   - NURTURING & MATURE

2. RESPECT
   EX: POSITIVE AFFIRMATIONS
   "YOU ARE BEAUTIFUL" 
   "YOU MAKE ME SO HAPPY, ETC."
   - ENCOURAGES INDEPENDENCE
   "YOU SHOULD GO OUT/RELAX."
   "ENJOY YOUR WEEKEND, ETC."
   - HONORS YOUR FEELINGS
   "I HEAR YOU, I'LL CHANGE, ETC."
   - DOES NOT COMPARE YOU TO PREVIOUS PARTNERS

3. HONESTY & ACCOUNTABILITY
   EX: COMPROMISES
   "I WILL BE HOME SOONER."
   "I WILL COOK TODAY, ETC."
   - OPEN COMMUNICATION
   "WHAT WOULD YOU LIKE TO KNOW?"
   "YES I DID, WHAT CAN I DO TO MAKE YOU FEEL BETTER, ETC."
   - CONSCIOUS OF THEIR ACTIONS
   SO THAT THEY DO NOT HURT YOU

4. TRUST & SUPPORT
   EX: INCLUDED IN THEIR CHOICES/DECISIONS
   "I NEED YOUR OPINION, WHAT SHOULD I DO, ETC."
   - PROMOTES SELF-GROWTH
   "APPLY FOR THAT JOB, ETC."

5. HEALTHY CO-PARENT
   EX: NEVER SPEAK NEGATIVELY
   OF YOU, TO YOU OR TO THE KIDS
   - IS PRESENT AND ACTIVE
   "FINANCIALLY, EMOTIONALLY, ETC."
   "ATTEND GAMES, CONFERENCES, ETC."
   - GROWS AS A PARENT
   "BREAKS GENERATIONAL CURSES"
   "READ BOOKS, ATTEND CLASSES, ETC."
   - FRIENDSHIP
   WITHIN THE RELATIONSHIP
   "YOU GOT THIS, ETC."
   - DISCIPLINE RESPECTFULLY

6. SHARED RESPONSIBILITY
   EX: COORDINATES WITH YOU
   INSTEAD OF DELEGATING
   - DEVELOPS A PLAN/GOALS
   WITHIN THE RELATIONSHIP
   "SHORT/LONG TERM GOALS"
   - SHOWS APPRECIATION
   "EQUALLY PROFESS THEIR LOVE"
   "HAS YOUR BACK, ETC."

7. ECONOMIC PARTNERSHIP
   EX: PLANS FOR UNFORTUNATE
   EVENTS OR FINANCIAL WHAT IF'S
   - DOES NOT TRY TO TAKE OR
   CONTROL YOU TAX REFUND
   - A PROVIDER; PAY THE
   BILLS IF YOU ARE UNABLE TO
   "STAY AT HOME WITH KIDS, ETC."
   - MUTUAL CONTRIBUTOR

8. NEGOTIATIONS & FAIRNESS
   EX: SETS RELATIONSHIP BOUNDARIES
   & CREATES A RELATIONSHIP AGREEMENT
   UPFRONT SO EVERYONE UNDERSTANDS
   - WILLING TO NEGOTIATE AND
   OFFERS SOLUTIONS TO PROBLEMS
   - OPEN TO CHANGE AND GROWTH
   "EXCLUSIVITY, MARRIAGE, ETC."

"EQUITY AND RESPECT IS THE FOUNDATION TO
HEALTHY BLACK LOVE."

Amani Community Services

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