CREATING SAFETY, TRUST & LOVE
• Respecting boundaries
• Respecting cognitive, physical or emotional differences
• Learning and respecting their love language
• Respecting their health, HIV/STD status, gender, identity

SHARING POWER
• Working together to find solutions
• Sharing in responsibilities & child rearing
• Honoring and outlining commitments
• Transparency about intentions and choices

HONORING/AFFIRMING FEELINGS
• Communicating feelings assertively and clearly
• Validating & respecting experiences/opinions even when disagreeing
• Not projecting intent onto partner’s choices

SHARING IN ECONOMIC DECISIONS
• Honesty and openness about finances
• Transparency about how shared resources are spent
• Honoring financial agreements

STAYING PRESENT
• Not abandoning when difficult things come up/ghosting
• Communicating when you need time alone and negotiating when things will be discussed
• Avoiding phone/devices when difficult things come up
• Engaging in active listening

COMMUNICATING RESPECTFULLY
• Speaking in a tone or manner that is not harmful or degrading to others
• Being mindful of what your body language is communicating
• Communicating when you need time to calm down to not be disrespectful and when you will return

PLEASURE & CONSENT
• Respecting when/how they want sex/touch and how they enjoy sex/touch
• Respecting “no” whether verbal or non-verbal
• Honoring relationship agreements (polyamory, monogamy etc.)
• Affirming the things you love about their body

BEING ACCOUNTABLE
• Taking responsibility for your choices
• Getting support to change harmful behaviors
• Acknowledging the impact of your actions, regardless of intent
• Respecting space and time others need to heal from harm

BUILDING AND MAINTAINING TRUST
SHARED DECISION MAKING
HONORING STRENGTHS
CREATING SAFETY

ACCOUNTABILITY
COMMUNICATION
INTIMACY
LOVE

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This wheel credits and builds upon the work of the Non Violence Wheel designed by New Hope For Women