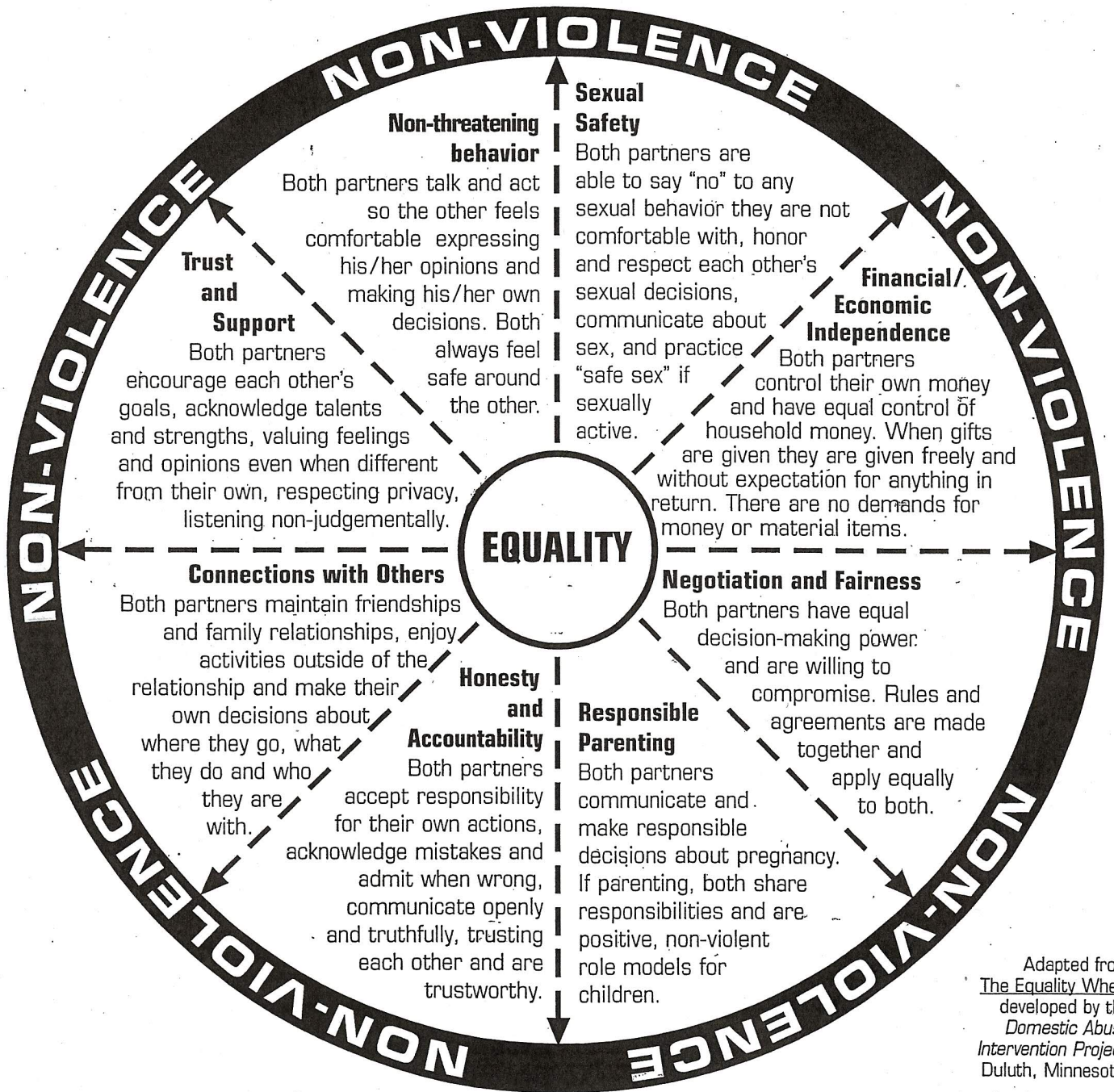


# Understanding Equality

The opposite of an abusive relationship (one based on power and control) is a healthy relationship, which is based on Equality. When both people in a relationship believe they are equal, and neither tries to gain power or control over the other, the result is a non-violent and healthy relationship. The 'Equality Wheel' below shows equality as the center of the healthy relationship. Inside the 'spokes' of the wheel are examples of behaviors that go on in a relationship based on equality.



Adapted from *The Equality Wheel* developed by the Domestic Abuse Intervention Project, Duluth, Minnesota.  
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