

**Boundaries** : Maintain healthy boundaries. Create a safe and comfortable space to experience relationships by defining and communicating your boundaries to others.

**Honesty** : Be open and honest. It is important for both people in a relationship to be honest about their intentions, feelings, or desires.

**Accountability** : Be responsible for your own actions. Talk to others to understand how your actions affect them.

### **The Outer Circle of the Wheel:**

**Non-Violence** : There is no place for violent acts or behaviors in a healthy relationship. Examples of violent acts or behaviors include yelling, name-calling, minimizing feelings, throwing things, unwanted touching, pushing, hitting, stalking, and forced sex.

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<sup>1</sup> Adapted from the Domestic Abuse Intervention Project, Duluth, Minnesota.