# LOVE

#### **SHARING POWER**

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

# 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 IN ECONOMIC DECISIONS

- Honesty and openness about finances
- Transparency about how shared resources are spent
- · Honoring financial agreements

# BUILDING AND MAINTAINING TRUST

#### SHARED DECISION MAKING

#### **HONORING STRENGTHS**

#### **CREATING SAFETY**

#### STATE STATE

### COMMUNICATING RESPECTFULLY

MMUNICATION

- 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

 Taking responsibility for your choices

ACCOUNTABLE

- 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

#### HONORING/ AFFIRMING FEELINGS

- Communicating feelings assertively and clearly
- Validating & respecting experiences/ opinions even when disagreeing
- Not projecting intent onto partner's choices

NIMA

#### **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

ACCOUNTABILITY