EQUITY WHEEL: THE AFRICAN AMERICAN/BLACK COMMUNITY

CREATED BY AMANI COMMUNITY SERVICES

These are the primary eight ways to identify a healthy relationship within the black community.

NEGOTIATIONS & FAIRNESS
EG. SETS RELATIONSHIP BOUNDARIES & CREATES A RELATIONSHIP AGREEMENT UPFRONT SO EVERYONE UNDERSTANDS
WILLING TO NEGOTIATE AND OFFERS SOLUTIONS TO PROBLEMS
OPEN TO CHANGE AND GROWTH "BEING EXCLUSIVE, MARRIAGE, ETC."

NON-THREATENING
EG. RESPECTS HER AND THEIR RELATIONSHIP PRIVATELY & PUBLICLY
DOES NOT DAMAGE HER PROPERTY
MAKES HER FEEL PROTECTED WITHIN THEIR PRESENCE
NURTURING & MATURE

ECONOMIC PARTNERSHIP
EG. PLANS FOR UNFORESEEN EVENTS OR FINANCIAL WHAT IF'S
DOES NOT TRY TO TAKE OR CONTROL HER TAX REFUND
A PROVIDER; PAY'S THE BILLS IF SHE IS UNABLE TO "STAY AT HOME WITH KIDS, ETC."
MUTUAL CONTRIBUTOR

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

HONESTY & ACCOUNTABILITY
EG. 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 HER

SHARED RESPONSIBILITY
EG. COLLABORATES WITH HER INSTEAD OF DELEGATING
DEVELOPS A PLAN/GOALS WITHIN THE RELATIONSHIP "SHORT/LONG TERM GOALS"
SHOWS APPRECIATION "EQUALLY PROFESSES THEIR LOVE" "HAS YOUR BACK, ETC."

TRUST & SUPPORT
EG. INCLUDES HER IN THEIR CHOICES/DECISIONS "I NEED YOUR OPINION, WHAT SHOULD I DO, ETC."
PROMOTES SELF-GROWTH "APPLY FOR THAT JOB, ETC."
FRIENDSHIP WITHIN THE RELATIONSHIP "YOU GOT THIS, ETC."

HEALTHY CO-PARENT
EG. NEVER SPEAKS NEGATIVELY OF HER AROUND THE KIDS
IS PRESENT AND ACTIVE "FINANCIALITY, FERTILITY, ETC." "ATTEND GAMES, CONFERENCES, ETC."
GROWS AS A PARENT "BREAKS GENERATIONAL CURSES" "READ BOOKS, ATTEND CLASSES, ETC."

NON-THREATENING BEHAVIOR
- POSITIVE SOCIAL MEDIA POSTS
- RESPECTS HER BODY
- LEAVES/COOLS OFF TO DEFUSE ARGUMENTS
- HOLDS HER HAND, SMILES, SOFT VOICE, ETC.

HONESTY & ACCOUNTABILITY
- ACCEPTS RESPONSIBILITY
- KEEPS THEIR WORD
- OWNS UP TO THEIR MISTAKES & THEIR CHANGES THEIR BEHAVIORS

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(2022)
ADAPTATION OF THE ORIGINAL POWER AND CONTROL WHEEL APPROVED BY THE DOMESTIC ABUSE INTERVENTION PROGRAMS THEDULUTHMODEL.ORG

"HEALTHY RELATIONSHIPS CAN BE FORMED WHEN YOU FIRST UNDERSTAND AND FORM SELF - LOVE, IT IS THE HONORING OF YOURSELF THAT SETS THE TONE AND STANDARD WITHIN THE LOVE THAT IS GIVEN FROM OTHERS."

Amani Community Services