**Equality Wheel Reflection**

1. Where do you see your own strengths in relationships?   
   Please give examples of your actions under the applicable areas.

Non-threatening Behaviour:

Respect:

Trust and Support:

Honesty, Responsibility, and Accountability

Responsible Parenting:

Shared Responsibility:

Economic Partnership:

Negotiation and Fairness:

1. What are the obstacles preventing you from using these tools all of the time?
2. What skills do you need to develop to be consistently non-violent?

1. What changes in your perspective or beliefs will help you to have healthy and equal relationships?
2. What do you want to get out of your remaining time with the PAR Program?

