Being Respectful: Listen to her non-judgmentally. Be emotionally affirming and understanding. Value her thoughts, feelings and opinions. Honor her individual way of being and walking her path.

Sexual Respect: Understand the difference between love, sex and intimacy. Treat your partner as you would a Pipe. Respect her feelings and her rights to choose her relationships and control her body.

Partnership: Treat your partner as an equal and whole human being. Respect her decisions and opinions. Listen with your heart. Share responsibilities based on skills, interests and fairness.

Cultural Respect: Understand your relationship to others and all things in Creation. Be responsible for your role. Act with compassion and respect. Respect and accept that people have their own path.

Spiritual Reflection: Meditate about walking your own Path. Reflect on your relationship with Creator. Make time to be alone in Nature. Recognize and express thanks for your blessings. Focus on the inner balance of physical, mental, emotional and spiritual self. Practice humility.

Trust and Support: Support her goals. Respect her right to her own feelings, friends, activities and opinions. Help provide the resources she needs and wants when able to. Respect her “space” and privacy.

Responsible Parenting: Share all parental responsibilities. Be a positive, non-violent role model for the children.

Honesty and Accountability: Accept responsibility for yourself, including your actions, words, and things that you should have done. Acknowledge your past use of violence and its continuing impact on your partner. Admit when you are wrong. Communicate openly, truthfully, and respectfully.

Shared Responsibility: Mutually agree on a fair distribution of work. Make family decisions together.

Economic Partnership: Make financial decisions together. Make sure both partners are aware of, understand, have access to, and benefit from financial arrangements.

Negotiation and Fairness: Seek mutually satisfying resolutions to conflict. Accept change as part of life, not a threat. Be willing to compromise. Try to find answers to problems where everyone’s needs are met.

Non-Threatening Behavior: Talk and act in a way that makes her to feel safe and comfortable to express herself and do things. Respect how your past use of violence continues to affect her.

Adapted from Sacred Circle, National Resource Center to End Violence Against Native Women

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