

When most people think of equality they think of a 50/50 split, or everything being exactly the same for everyone. While equality can be defined in this manner, in a relationship it's often a little more complicated. Relationships ebb and flow as people's needs, interests and desires change over time – or even daily!

Equality can mean different things to different partners. What matters is how you and your partner define it for your relationship. It's important to communicate regularly about the balance in your relationship, especially if one of you is unhappy or uncomfortable.

Why does equality even matter, you might ask? Well, we know that in an abusive relationship, one partner does whatever he or she can do to maintain power and control over the other. This type of relationship is extremely unbalanced and unequal. By learning more about how to create equality in a relationship, we can end abuse and build healthier relationships.

