

UNDERSTANDING RESPECT!

Reputation is what the world thinks a man is; character is what he really is....Anonymous

WHAT TO KNOW!

- ❖ Respect is a positive feeling of esteem for a person or thing as well as a regard for the qualities of the one respected
- ❖ It includes taking one's feelings, thoughts, and preferences into consideration
- ❖ Giving someone respect means to value them and their thoughts, feelings, beliefs, opinions, and taking them seriously
- ❖ Showing respect for someone includes listening to them, acknowledging what they are saying, being honest with them, and accepting their individual characteristics
- ❖ Self-respect means standing up for yourself and not allowing yourself to be manipulated into doing things that you know are wrong or make you feel uncomfortable.
- ❖ Respect can be felt by others and shown through certain behaviors towards others
- ❖ When there is respect between people, there is less conflict and more cooperation
- ❖ Successful relationships are built upon mutual trust and respect
- ❖ Respect is earned, that is, by voluntarily taking the other person's feelings, thoughts, beliefs, and opinions into consideration without criticism
- ❖ Respecting others generally leads to their respecting you
- ❖ In general, respect can be shown by: asking others how they feel, by validating their feelings, by empathizing with their feelings, by understanding their feelings, and by taking their feelings into consideration
- ❖ More specifically, respect can be shown by not interrupting others when they are talking, by asking them how they would feel before making a decision that would affect them, by making changes or compromises to accommodate their feelings, and by asking for and incorporating their feedback
- ❖ Fear often gets misinterpreted as respect; fear destroys self-confidence while respect builds self-confidence and fear is destructive while respect is nurturing
- ❖ In a respectful relationship, your partner:
 - Gives you freedom to be yourself
 - Is willing to compromise
 - Is honest
 - Is able to admit they are wrong
 - Allows you to have your own feelings, opinions, and friends
 - Does not criticize you
 - Allows you to make your own decisions
- ❖ Respect can best be earned by treating others as you want to be treated

WHAT TO DO!

- ❖ To get respect, show respect by listening to others and understanding them
- ❖ Show self respect by living according to a values system
- ❖ Use good manners and be able to compromise, recognizing that others are important
- ❖ Be honest and caring towards others
- ❖ Acknowledge their opinions and beliefs even though you may not agree with them
- ❖ Seek professional help if you are in disrespectful relationships

WE CAN HELP!

Call us at **954 755-2885** or email us at **DrKimmel@aol.com**.

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