

THE IMPORTANCE OF RESPECT !

Without feelings of respect, what is there to distinguish men from beasts?

...Confucius

WHAT TO KNOW!

- ❖ Respect is defined as a positive feeling of esteem for a person or institution
- ❖ It is characterized by specific actions and conduct that demonstrate esteem
- ❖ Respect for tradition and legitimate authority has been identified by J. Haidt as one of five fundamental moral values of different societies and individuals
- ❖ We show respect by considering and taking seriously other peoples' feelings, thoughts, behaviors, and needs
- ❖ By showing respect to others, we show that we value them and their thoughts
- ❖ We also show respect by listening to others, being truthful with them, acknowledging them, and accepting their uniqueness
- ❖ When people respect each other, there are less conflicts and less fighting
- ❖ Respect is something that is earned and often must be shown first before it is returned to you
- ❖ Specific ways of showing respect include: asking how others feel, listening, empathizing, validating their feelings, taking their feelings into consideration
- ❖ Showing respect also includes allowing others to solve their own problems without telling them what to do, without underestimating them, or telling how to do it
- ❖ Mutual respect and trust are the critical elements in any successful relationship
- ❖ In the absence of respect, there is humiliation, contempt, dishonesty, bullying, feeling that one is not heard, and feeling misunderstood
- ❖ Many therapists believe that one cannot respect others until one respects oneself
- ❖ Those lacking in self respect are focused on pleasing and getting others to like them and not taking care of their own needs
- ❖ People with self respect like themselves because of who they are not because of who they know, what they can do, or how much social power they have
- ❖ People with self respect assert themselves to others and do not allow themselves to be made fun of or treated rudely or badly
- ❖ People with self respect are true to themselves, can handle criticism, are content with themselves, can forgive themselves, are not people pleasers, and are selfless

WHAT TO DO!

- ❖ Follow the Golden Rule: Treat others as you want to be treated
- ❖ Try to understand people and be tolerant rather than insulting them or their culture
- ❖ Show courtesy, treat people fairly and honestly, listen to what they have to say
- ❖ In a conflict, recognize that the issue is probably the problem, not the person
- ❖ Do not steal from, manipulate, insult, bully or harm others
- ❖ Consider other people's points of view and listen without interrupting
- ❖ Believe in yourself and be content to be yourself; don't pressure yourself to compare or compete with others
- ❖ When disrespected, stand up and say being disrespected is not acceptable to you
- ❖ Take care of yourself; show respect for your body by exercising and eating well
- ❖ Seek professional help if you have difficulty respecting yourself or others or find yourself with many interpersonal conflicts and arguments

WE CAN HELP!

Call us at **954 755-2885** or email us at [**DrKimmel@KimmelPsychology.com**](mailto:DrKimmel@KimmelPsychology.com)

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