

RESPECT AND DISRESPECT!

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

WHAT TO KNOW!

- ❖ Respect is a positive feeling of esteem for a person or thing as well as an appreciation for the qualities of the one respected
- ❖ Having respect for another means that we hold them in high regard; we value who they are and what they do and may even want to act like them
- ❖ It means that we appreciate their uniqueness and allow them to make their own decisions even if we disagree
- ❖ There can be no respect for others without having self-respect
- ❖ Successful relationships are built upon mutual trust and respect
- ❖ Respect is the also foundation for a society to grow and flourish
- ❖ When there is respect between people, there is less conflict and more cooperation
- ❖ A society survives upon respect for itself and others even if it doesn't agree with them; it must promote caring, charitable behaviors, and treat people with goodwill not abuse
- ❖ People are not directly taught to respect; they learn it through watching others and how people use language to communicate with others
- ❖ By using positive words rather than negative words, a respectful society can be built
- ❖ Conversely, people learn disrespect by watching society reward others who slowly erode language, institutions, people, and other social values
- ❖ Studies have shown that people respect others differently based on how they look, talk, act, dress, their jobs, their wealth, and whether they have tattoos and piercings
- ❖ When we give respect, people feel valued, important, and secure
- ❖ When we give respect, we get back respect from others
- ❖ Disrespect is fostered through jealousy, hatred, derogation, and resentment
- ❖ When we disrespect ourselves, often by imitating what society's leaders or role models say and do, we are really throwing away our own identities and self-esteem
- ❖ To gain respect, live by the Golden Rule: Do unto others as you would have them do unto you and treat others as you would like to be treated
- ❖ How you treat yourself is important; If you show self-respect, others will treat you with respect
- ❖ If you treat yourself poorly by not caring how you act, look, or relate to others, people will treat you in the same way
- ❖ To show self-respect, hold yourself to high standards, accept responsibility for your actions, live by a code of ethics, and treat others with dignity

WHAT TO DO!

- ❖ Maintain your own values and do not become a follower just to fit in with others
- ❖ Be courteous, use good manners, use positive words, and be able to compromise to show respect to others
- ❖ Be assertive and speak with confidence, strength, and pride in yourself
- ❖ Associate with those who respect you and have your best interests in mind
- ❖ Stand up to others who treat you disrespectfully
- ❖ Seek professional help if you consistently feel that you are disrespected or victimized

WE CAN HELP!

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

Joel I. Kimmel, Ph.D. P.A. and Associates
5551 N University Drive, Suite 202
Coral Springs FL 33067