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