

RUDENESS: WHATEVER HAPPENED TO THE AGE OF AQUARIUS?

Rudeness is the weak man's imitation of strength ...Eric Hoffer

WHAT TO KNOW!

- ❖ Rudeness, sometimes called impudence or effrontery, is defined as a display of disrespect to an individual, a group, or a culture and is confrontational to others
- ❖ Rude behavior includes offensiveness, insensitivity, inconsiderateness, bullying, incivility, impoliteness, being profane, and violating social boundaries and customs
- ❖ Examples of rude behavior include: cutting in line, cursing, dressing inappropriately, bullying, name calling, snobbery, yawning or sneezing without covering one's mouth, disturbing others with loud music, using a cell phone in front of others, etc.
- ❖ Some individuals use rudeness and intimidation to vent negative feelings or to get power and control over others
- ❖ Politicians display terrible rudeness through attacks, blame, defamation, and creating false or misleading information towards each other
- ❖ 82% of Americans answered an Emily Post Institute survey saying that Americans are ruder today than they were 20 or 30 years ago
- ❖ A University of Michigan researcher found that 71% of American workers have been insulted, demeaned, ignored, or treated discourteously by other workers or superiors
- ❖ Americans through a toxic media are bombarded with rudeness via high levels of profanity, violence, hostility, taking advantage of others, and blaming others
- ❖ Some believe that impersonal communications through texting and "work creep" (where work tends to overflow and creep into personal lives) have added to rudeness
- ❖ Online, people can be ruder as they can be anonymous; people who rile others up can do so quickly, easily, and at a distance without having to face the consequences
- ❖ Social media has desensitized us to what is polite behavior and allows for frequent negative and vicious reviews of people and organizations without consequences
- ❖ Some people are rude because: they never learned manners from their parents, they don't teach manners at school, they learned about manners from sitcoms, they are only concerned about themselves, they want to be "cool", and they are just mean
- ❖ Some people who are jealous or insecure are rude to others because putting others down allows them to feel superior and it is often reinforced with attention
- ❖ Some believe in the stress-rudeness cycle where stress leads to rudeness which leads back to more stress in a cycle that is difficult to break
- ❖ Polite and courteous behavior reduce stress and lead to bonding with others but rudeness now leads to depression, anger, violence, and substance abuse

WHAT TO DO!

- ❖ Limit contact with rude people as much as possible
- ❖ Do not fight or argue but remain calm and collected and do not give up social power
- ❖ Politely but firmly call out the person on their rude behavior
- ❖ Model politeness and courtesy in response to rude behavior
- ❖ Do not take to heart anything they may say or do even if it is personal
- ❖ Do not allow them to have a sense of power by changing or agreeing with them
- ❖ Don't overthink what they have done or said to you
- ❖ Seek professional help if you are hurt, angry, or depressed by the rudeness of others

WE CAN HELP!

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

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