



## R-E-S-P-E-C-T... (*Find out what it means to me*)

**What is respect?** Respect is one of those words that is very challenging to accurately define. Respect has a lot to do with our attitude and how we treat others. Often it is easier to respect people whom we admire. However, even people whom we may not even like, often still deserve at least a basic level of respect. For example, as a student in school you may have had a teacher whom you didn't like, yet you still may have shown respect toward. The same may be true as an adult with your boss at your job. Some people may find it easier to show respect toward someone in a position of power such as someone who has authority, connections, fame or wealth. Nevertheless, respect is a basic human right, therefore someone who is homeless, poor, sick or in another challenging circumstance still deserves treatment based on respect.

**Why show respect?** In the short term, being disrespectful may get people's attention. Being disrespectful can make for an interesting and powerful sounding story for our friends: For example "You should have seen that manager's face when I told him off!" Still being disrespectful usually only has short term benefits. The truth is that in the long run the following is true:

- Respectful employees have a better chance of advancement in the workplace
- Respectful students tend to do better in school
- People who show respect to their family members have more peace and closer relationships at home
- People who show respect to their partners have better overall relationships with less conflict and strife
- People who are respectful in society as a whole, experience less conflict and tend to avoid unnecessary confrontation
- Everyone experiences disrespect from time to time from some knucklehead, however people who consistently show respect are overall more likely to earn other's respect. Our choices and behavior affect how others respect us- Consider:

### Respect Killers vs. Respect Builders

Respect Killers	Respect Builders
Lying – When you are known as a liar, people often lose respect for you	Say What You Mean and Mean What You Say – People respect it when your word is your bond
Scheming – When you try to get over on people you may get away with it but once you get a reputation for it, your respect level often goes way down	What you see is what you get – People respect it when you are up front about where you stand and what your intentions are
Trash Talking – Talking bad about others can feel powerful and can even cause others to fear you but it won't help them respect you.	Gracious and Well Mannered – It may not be popular these days but people who are polite with manners command a level of respect
Being Two Faced – Backstabbing, talking behind peoples backs, and gossiping are all respect killers	Loyal – Loyalty and respect go hand in hand
Incongruent Words and Actions – If you are all talk and you do not back up your words with actions, you will lose respect	Honor- People who are honorable back their words up with actions which is a huge respect builder
Full of It – If you are always talking about things you really do not understand people will sense it and lose respect	Sincerity – Freedom from deceit in our speech commands respect
No Follow Through – If you make plans but consistently bail out, it is likely you will not be respected	Responsibility – When you accept tasks and assignments and you complete them, you build respect
No Show – When things get tough you need to show up when it matters in order to get respect from people who count on you	Reliability- When people can depend on you to be there and you show up, that increases respect
Fair Weather Friend – If you are only around when things are good but you run at the first sign of trouble you'll surely lose respect	"A Friend in Need is a Friend Indeed" – aka "True Friend" – Few things command more respect than being there to help out during difficult times
Hypocrisy- The dreaded act of saying one thing then doing the opposite is probably one of the biggest respect killers	Credibility- This is the quality of being believable and worthy of trust – a key to building respect
Ignorance – People who show their stupidity outright by sharing opinions without knowledge of the facts lose respect	Informed – A person who gathers the needed information first before blurting out their opinion garners respect