



# BUILDING A CLIMATE OF RESPECT WORKSHEET #1

- We all have certain fundamental rights.
- Respect means how we treat each other: granting each other our rights, regardless of how we feel.
- Politeness and tact are not just for strangers.
- Respect as a balance:
  - Aggressive* – not respect others
  - Passive*- not respect ourselves
  - Assertive*- respect both
- Assertiveness means: standing up for ourselves but not at another's expense.

## QUESTIONS TO PONDER

### **SELF:**

Do I love/respect myself? Take care of myself? Do I let others intimidate/belittle/ridicule me, even abuse me and then *resent them*? Do I insist on my rights? Am I honest about my feelings, opinions and preferences? Do I count them as valuable as everyone else's? Am I always the giver? What do I need to change about myself and how can I begin?

### **IN RELATION TO MY SPOUSE:**

Do I respect my spouse? Do I treat them with respect? Do I accept their feelings, opinions, preferences, as being as legitimate as my own? Do I criticize, nag, make cutting remarks, or subtly ridicule? Do I have a campaign to "improve" my spouse or do I affirm them? Am I polite and tactful in stating my case? What do I need to change about the way I treat my spouse?

### **SUGGESTED JOURNAL EXERCISE:**

For 1 week I will keep track every time I did not respect someone and also those times they did not respect me. I will ask: Which side of the balance am I usually on? And where does this suggest my work is?

### **MY GOAL IS:**