

RESPECT is foundational to any close relationship. One *possible* Definition of “Respect” is “how we feel about someone; especially level of admiration.”

For The Third Option, **we will Define Respect** in terms of “HOW WE TREAT EACH OTHER.”

It doesn't matter how we THINK or FEEL about the person at the moment, OR whether we AGREE with them or not. What matters is that we are all human beings and such are entitled to certain basic rights.

BILL OF RIGHTS FOR MARRIED COUPLES – LOVE MEANS WE GIVE OUR SPOUSE THE RIGHT TO:

- 1) **Space & Privacy**
- 2) **Be Different**
- 3) **Disagree**
- 4) **Be Heard**
- 5) **Be Taken Seriously**
- 6) **Be Given the Benefit of the Doubt**
- 7) **Be Told the Truth**
- 8) **Be Consulted**
- 9) **Be Imperfect and Make Mistakes**
- 10) **Courteous and Honorable Treatment**

When we grant our spouse these basic rights, and treat them courteously, then we are treating them with **Respect**. And when **we** insist that others treat **us** this way, **we** are exercising our **Self-Respect**.

Notice that we are talking about two ends of a Balance here? Marriage is a “_BALANCING ACT_,” and we can be off-balance in either of two unhealthy extremes:

- 1) At one end of the balance we have a lack of respect for others: what we will call Disrespect.
- 2) On the other hand, it is equally important that we exercise __SELF-RESPECT__.

When these factors are Out of Balance, so is our relationship.



Disrespect (of our spouse): (Too _AGGRESSIVE_)

Critical Nag

Bossy Judge

Ridiculer – Name Caller

Lack of Self-Respect: (Too __PASSIVE__)

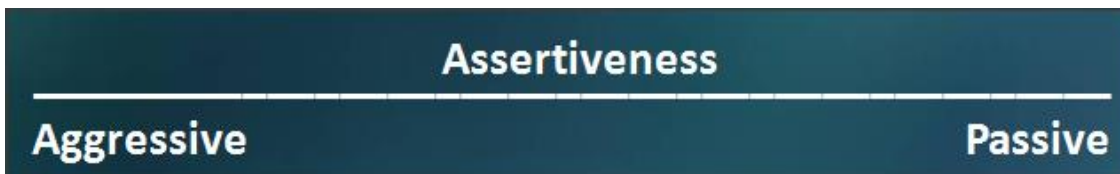
Appeaser

Defensive – Apologizer

Pleader – Groveler

The Dance of Disrespect:

SOLUTION – “THE THIRD OPTION” -- Balance:



Assertiveness: Standing up for _OUR SELF __, without putting anyone else _DOWN__.

- Equal attitude; stance; tone of voice.....
- “I Statements”