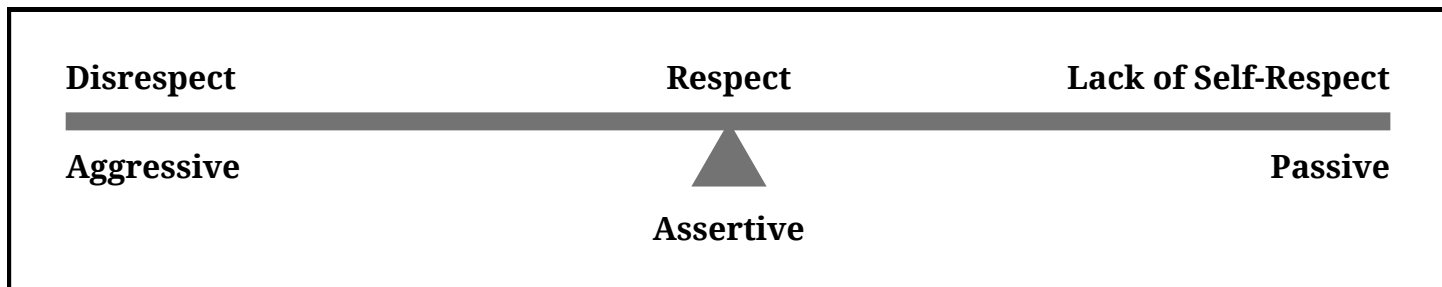


LESSON 1:

Building a Climate of Respect



We all have certain fundamental rights.

Respect means how we treat each other: granting each other their rights, regardless of how we feel.

Politeness and tact are not just for strangers.

Assertiveness means: standing up for ourselves without putting anyone else down.

TOOLS FOR YOUR TOOLBOX

The Bill of Rights ... p. 52

"I" Statements p. 58

Scripture Notations:
Respect p. 42

EXERCISE

Discuss the Bill of Rights with your spouse. Take turns explaining what each one means to you.

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

QUESTIONS TO PONDER

Self:

- Do I love / respect myself?
- Do I take care of myself?
- Do I let others intimidate, belittle, or 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?