

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.

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 or ridicule me, even abuse me and then resent them?
- Do I insist in 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 one (1) 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 am I usually on? And where does this suggest my work is?