

EP 031 RESPECT, GIVE AND RECEIVE

SHOW NOTES

OBJECTIVE

> Develop an understanding of respect.

UNDERSTANDING RESPECT

Respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them. Respect in your relationships builds feelings of **trust**, **safety**, and **wellbeing**. Respect doesn't have to come naturally – it is something you learn.

In the real world, not everyone will automatically give you the respect you deserve as a human being. People are caught up in emotions and lose the simple principles of common courtesy. There is however a simple principle that will almost always help you to earn respect, and emotionally intelligent people know how to get it. To earn respect, you have to give respect.

HOW TO GIVE AND RECEIVE RESPECT

- 1. Acknowledge the person.** Long before you even say a word, you can respect the person by acknowledging them. This means looking them in the eyes, smiling or shaking hands. In acknowledging the person you also respect their differing points of view and accept they see things from another perspective. Make them feel heard. They are human just like you and they deserve your respect. Do not confuse respect with trust, or with like, so you can respect all.
- 2. Hear the full story.** Avoid making assumptions and drawing premature conclusions. Ask questions and go deeper. Listen to others as well. People will respect you when you take time to hear them out, to get their side of the story.
- 3. Set a healthy tone.** When you approach people in a calm and reasonable manner, chances are much higher that they will respond in the same way. If you're trying to get a point across, aim to be kind and fair, not accusatory. The old saying is true: You'll catch more flies with honey than with vinegar. At the very least, make honey the appetizer.
- 4. Keep a balance view of yourself.** Everyone has something valuable to offer, not just you. You may not agree with them, but you can see the good in everyone. Focus on their strengths, and also on yours. Avoid arrogance and conceit.
- 5. Apply the Golden Rule.** Treat others as you want to be treated. The beauty of this principle is in its practicality. The Golden Rule is easy to remember, while encouraging respect and connection. Further, to fulfil the Golden Rule in the ultimate sense requires taking others' tastes, values, and perspectives into consideration. It's what you want, too.

APPLICATION

> Think of a person who needs your respect and write down five specific ways you can give it.

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