

Respect

Having respect for others in both the work place and in society as a whole, is something that we should all aspire too, but because of our nature can be difficult to achieve. Issues around respect are considered important, but do we really think about what it means.

Respect is about having esteem, its establishing a sense of worth or excellence, and these factors relate to a person, or quality or ability that person holds. You have to remember that respect is never deserved and that it can only be earned. Respect can only be given and we often have to earn it from another individual, however you can never demand respect and it is often very hard to gain, but if you do the wrong thing it is easy to lose.

When you respect you try not to judge people, they may have different beliefs or behaviour to yourself, but that doesn't mean they are wrong. You shouldn't force others to succumb to your will, to have and give respect you need to use the principle of live and let live. When using respect you ensure that you take personal responsibility. Respect is making sure you understand other people's principles, even though they may different to yours.

Respect is seeing people, not only for what they are, but also for what they could be. We should ensure that we give others credit and not taking it for ourselves. If you have respect you should use the principle of - doing unto others as you would have others do unto you. Always try to see the best in people and try not to focus on the worst.

To be able to live and work by all those characteristics is very difficult to achieve. Nobody is perfect, and everybody has both good and bad days. To be able to earn respect from others we need to have self-respect. If others see that characteristic, we are more likely to gain respect. We need to ensure we temper how far we go in respecting others. If we become too respectful, that may mean we fail to exert our own rights.

Self Respect

Having self-respect essentially means considering your self-interest. Making sure you give serious attention and thought to your own preferences or interests. You also need to ensure that you are concerned with your own priorities time and develop yourself. However too much self-interest and respect on its own is not healthy; in fact, too much self-interest can lead to selfishness. So there has to be a balance of self interest/respect and having respect for others.

The respectful individual understands and exercises his personal rights whilst appreciating and considering the rights of others. You must have confidence

in your opinions and needs, this should be underpinned by feelings of self-esteem and self-worth.

Where necessary you may need to say 'no', If you have self-respect you should be able to express your emotions, opinions and beliefs when you deem it appropriate to do so. You also need to acknowledge that you will make mistakes and accept yourself for making them. Recognise that you have to be yourself without believing you have to be different for another person's benefit.

Remember that you can also change your mind, even if this inconveniences others. Also be prepared to make decisions that others find illogical without necessarily having to give an explanation. You can also decline the responsibility of finding solutions to others' problems. If you have self-respect, it encourages you to state your ignorance or a lack of interest in, a matter without feeling ashamed or embarrassed about doing so.

These factors are all important in relation to self-respect, however respect for others also encourages you to accept that these principles also apply to everybody else.

Respect for others encourages you to acknowledge that we live in a community with many individuals who have their own set of goals, standards and preferences. Respect for others aids you in showing appropriate consideration for others, not as superior or inferior, but as equal to you. Respect for others literally means considering another individual in relation to yourself. This principle keeps us flexible when our preferences are temporarily not met, and so leads to healthy compromise when necessary.

