



Treating Others with Respect

DO:

- Begin each day with promise to respect others
- Sit down and talk quietly
- Listen carefully to what others say
- Look for things to appreciate in others
- Give praise out loud for the good you see in others
- Tell others they are good, good enough, and lovable
- Tell them they are worthwhile and important
- Speak in a quiet voice even when you disagree
- Pass up chances to insult, attack or criticize
- Let others have responsibility for their lives while you take responsibility for yours

DON'T:

- Look for things to criticize
- Make fun of or laugh at others
- Make faces or roll your eyes
- Tell people how to run their lives
- Insult
- Ignore
- Put people down in front of others
- Act superior
- Sneer
- Tell people they're weird or crazy
- Say they are bad, not good enough, or lovable
- Say the don't belong or you wish they were dead
- Call them names like fat, ugly, stupid or worthless