

What Respect Looks Like (For Others and Myself)

ASPIRE Impact Network Resource Worksheet

INTRODUCTION

Respect is fundamental to healthy relationships with others and ourselves. However, people often have different understandings of what respect means and how it's demonstrated. This worksheet will help you explore what respect looks like in action, examine your own respect patterns, and develop more consistent ways to show respect to others and yourself.

UNDERSTANDING RESPECT

Respect means recognizing the inherent worth and dignity of a person (including yourself). It involves:

- Acknowledging boundaries
 - Demonstrating consideration
 - Honoring autonomy and choices
 - Treating with courtesy and fairness
 - Listening and validating experiences
 - Accepting differences
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RESPECT INVENTORY

Instructions: Rate how consistently you demonstrate these aspects of respect toward others and yourself.

Respect Behavior	Toward Others (1=Rarely, 5=Consistently)	Toward Myself (1=Rarely, 5=Consistently)
Listening fully without interrupting		
Speaking with courtesy (tone, words)		
Honoring boundaries and		

limits

Acknowledging feelings as
valid

Being reliable and
trustworthy

Accepting
differences/uniqueness

Avoiding judgment or
criticism

Making amends when
causing harm

Giving time and attention

Prioritizing needs and well-
being

Reflection Questions:

1. Where do you see the biggest gaps between how you respect others versus yourself?
 2. Which aspects of respect are strengths for you?
 3. Which aspects would you like to develop further?
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RESPECT THROUGH DIFFERENT LENSES

Instructions: Different people and cultures may emphasize different aspects of respect. Check the expressions of respect that are most important to you.

Respect as seen through different perspectives:

- Following rules and expectations
- Using proper titles and formal address
- Giving full attention when someone is speaking
- Allowing autonomy and independence
- Acknowledging wisdom and experience
- Demonstrating loyalty and commitment
- Speaking honestly and directly
- Being reliable and dependable
- Showing appreciation and gratitude
- Defending someone's reputation
- Prioritizing needs and well-being
- Other: _____

The three expressions of respect most important to me:

1. _____
2. _____
3. _____

People who might prioritize different aspects of respect than I do:

WHAT RESPECT LOOKS LIKE IN RELATIONSHIPS

Instructions: Identify specific behaviors that demonstrate respect in different types of relationships.

Relationship Type	Respectful Behaviors	Disrespectful Behaviors
Family		
Friends		
Romantic/Intimate		
Work/School		
Authority Figures		
Strangers		

A relationship where I consistently show respect:

What makes this easier in this relationship:

A relationship where I struggle to show respect:

What makes this more challenging:

SELF-RESPECT IN ACTION

Instructions: Self-respect is the foundation for respecting others. Identify what self-respect looks like in different areas of life.

Physical self-respect looks like:

- Meeting basic needs (sleep, nutrition, hygiene)
- Setting boundaries on physical touch
- Seeking medical care when needed
- Honoring my body's signals and limits
- Making choices that support my health
- Other: _____

Emotional self-respect looks like:

- Acknowledging my feelings as valid
- Setting boundaries in relationships
- Removing myself from harmful situations
- Speaking to myself with compassion
- Seeking support when needed
- Other: _____

Mental self-respect looks like:

- Making my own informed decisions
- Challenging negative self-talk
- Pursuing knowledge and growth
- Honoring my values and beliefs
- Taking time for reflection
- Other: _____

Social self-respect looks like:

- Choosing relationships that are mutual
- Expressing needs and preferences
- Maintaining appropriate boundaries
- Ending or limiting harmful relationships
- Being authentic rather than people-pleasing
- Other: _____

Areas where I demonstrate strong self-respect:

Areas where I need to develop more self-respect:

BARRIERS TO SHOWING RESPECT

Instructions: Identify factors that make it difficult to show respect consistently.

Barriers to respecting others:

- Feeling disrespected by them
- Past negative experiences
- Different values or beliefs
- Strong emotions (anger, hurt, fear)
- Stress or overwhelm
- Misunderstanding their intentions
- Power imbalances
- Other: _____

Barriers to respecting myself:

- Past messages about my worth
- Guilt or shame
- Comparing myself to others
- Prioritizing others' needs
- Perfectionism
- Not recognizing my own value
- Negative self-perception
- Other: _____

The most significant barrier for me is:

How this barrier developed:

Steps I could take to address this barrier:

RESPECT WHEN IT'S CHALLENGING

Instructions: Explore how to maintain respect in difficult situations.

When someone has different values than mine, I can show respect by:

When someone has hurt or disappointed me, I can show respect by:

When I'm feeling strong emotions, I can show respect by:

When someone doesn't seem to respect me, I can:

When I've made a mistake or poor choice, I can show self-respect by:

REBUILDING RESPECT

Instructions: Consider how to rebuild respect when it has been damaged.

Signs that respect has been damaged in a relationship:

To rebuild respect after I've disrespected someone, I can:

1.

2.

3.

To rebuild self-respect after I've acted against my values, I can:

1.

2.

3.

When others have disrespected me, I can maintain my self-respect by:

TEACHING OTHERS HOW TO RESPECT ME

Instructions: Consider how you communicate your respect needs to others.

I teach others how to respect me by:

- Clearly communicating my boundaries
- Responding consistently when boundaries are crossed
- Modeling respectful behavior
- Expressing appreciation when respected
- Removing myself from disrespectful situations
- Directly addressing disrespect
- Other: _____

Something I need others to know about how I experience respect:

A boundary I need to communicate more clearly:

How I'll communicate this boundary:

DAILY PRACTICES OF RESPECT

Instructions: Identify small, daily ways to demonstrate respect.

Daily practices to show respect for others:

1. _____

2. _____

3. _____

Daily practices to show respect for myself:

1. _____

2. _____

3. _____

A new respect practice I want to develop:

How I'll remind myself to practice this:

RESPECT IN MY COMMUNITY AND CULTURE

Instructions: Consider how respect is understood in your community and cultural context.

In my family/community, respect is shown by:

Aspects of this that align with my personal values:

Aspects that I view differently:

How I navigate these differences:

MY RESPECT COMMITMENT

Based on this worksheet, I want to improve how I show respect by:

1. _____

2. _____

3. _____

I want to improve how I respect myself by:

1. _____

2. _____

3. _____

I'll know I'm making progress when:

RESPECT REFLECTION SCENARIO

Instructions: Apply your understanding of respect to this scenario.

Scenario: Someone you care about makes a decision you strongly disagree with. You believe their choice could have negative consequences, but it's ultimately their life and their choice.

Respectful ways to respond:

Disrespectful responses to avoid:

How to maintain self-respect if you're upset by their decision:

REMEMBER

- Respect doesn't mean agreement or approval
 - Self-respect and respect for others reinforce each other
 - Respect involves both attitude and behavior
 - Different people may experience respect differently
 - Respect can be maintained even in disagreement or conflict
 - Consistent small acts of respect build stronger relationships
 - Self-respect is a practice, not a destination
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