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Demonstrating Respect

Showing other people respect and having respect for yourself is critical and important in maintaining healthy relationships. Respecting yourself can help you move forward with confidence by making habits of respect and sharing it with people around you. It also could show a positive view of how you are living your life. If you do not respect yourself, it would be hard to show others respect. By showing others respect is based on many factors, how people treat you and others, what that person does in life, and whether they are honest or not.

Five ways that I see myself and others show respect are by listening, showing encouragement, being helpful, and saying thank you. All of these words show a form of respect and can improve relationships. If you want someone to know that you respect him or her, then tune and listen to what that person is saying. Show eye contact and offer feedback when necessary. I always try to encourage people whether their day is good or bad. We have all had moments when we need someone to tell us that “it is going to be okay” or “do not worry, things will work out.” It may not seem as much then, but that person will remember that you took the time for their well-being and interest. I also enjoy helping people, whether they need it or not because you never know what people may be going through. If that person has helped you in the past, returning the favor is a nice way of showing respect and gratitude. By saying thank you lets people know that you appreciate them and their actions and saying it in front of someone else can make a big impact. With daily things that occur in life, I often overlook opportunities to thank or compliment people I may be with. I always remember to show my appreciation because not only does it make them feel better, but I feel uplifted as well.

Although there are many different ways in which someone can show and give respect, there are also ways someone can lack respect by spreading rumors, how they communicate, attitudes, being disobedient, and mimicking. Most teens are seen to act more disrespectful towards adults because of their age. There are new emotions, attitudes, and behaviors that often comes when being a teenager. They feel as if since they are getting older and start mimicking what their friends do, thinking it is okay. Lack of respect can happen because of failure of being taught the correct way of behaving and talking to adults. I feel parents should have more discipline on their children so they will not be disrespectful because teenagers can also talk back to parents in ways that are inappropriate. This can occur by teenagers observing others being rude to their parents, causing them to do the same. Sometimes teens treat their parents with lack of respect to get out of doing what they were told or to get what they want. I feel that these acts should stop to avoid the world in becoming rude, arrogant, and disrespectful.