

Respect



We all have a need to be respected by others for who we are and what we do. This might typically be:

- Feeling that we are a recognised member of a family.
- Feeling appreciated by our friends.
- Respected for our role at work.
- Being valued for a particular talent or skill.

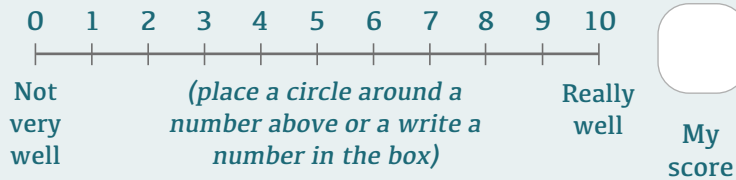
It is not necessarily about being at “the top of the tree”. For example, a school janitor may have as much status as the head teacher if they are respected by people within the school.

We also like to have symbols which represent our successes - however modest or grand we may think they are. For some it may be their home or car, for others it may be their clothes, a photograph or a beautiful object, the number of followers on social media or a role in their community which is appreciated by others.

We need a sense of proportion about respect but it is important to realise that we do not feel totally fulfilled without some recognition of our unique individuality or being valued for what we contribute.

Describe a situation in which what you did was appreciated by someone else ...

How well is your innate need for respect met?



Describe a situation in which you would like to be appreciated ...

What could you do over the next few days towards making this happen?



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Any other thoughts?