

10 Ways To Show Respect



Tuesday is [Dating & Relationships](#) day at [AlexShalman.com](#)

This is a follow up to last week's post, [If You're Respectful, You Can Dramatically Improve Your Relationships](#). Now that we've thought about the benefits of being respectful, let's look at some ways to accomplish them.

How To Be Respectful

1. **Listen harder.** We already know that [proactive listening should be your first social skill](#). We know this because we love when people listen to us, so we find it safe to assume that other people love when we listen to them.
2. **Be considerate.** Once you've listened, it's time to act accordingly. If there was anything about the person's tone of voice or body language that gave a hint as to how they were feeling, use that information in your interaction.
3. **Keep your promise.** By keeping your word to someone, you not only establish yourself as a person of integrity, but make the other person feel as though you value them.
4. **Be on time.** Another way to demonstrate that you value someone, is by treating their time as though it is valuable. Nothing says this better than being punctual. If you have a problem with being chronically late, read my post [Always Late? Let's fix it](#).
5. **Have manners.** This is pretty simple. Do not interrupt a conversation, be polite and watch your 'please' and 'thank you'. By showing manners towards someone, you make them feel valuable.
6. **Encourage.** Sometimes when we hear a silly idea, it's easy to shoot down someone's hopes and dreams, or otherwise make them feel unimportant. Genuinely encouraging someone could be very empowering and liberating.
7. **Be fair.** We often find ourselves in a position of power over someone else; to some extent. Having power enables the opportunity to be corrupt. Avoid corruption, give people what they earn-deserve, and they'll appreciate it.
8. **Go out of your way.** You don't have to always do the bare minimum. If you want to show someone that they're valuable, and that you respect them, go the extra mile without expecting a reward.
9. **Preserve dignity.** When wronged, mistreated, or otherwise upset in some way handle the dispute with finesse. This means approaching the person in such a way as to preserve their dignity. The best way to handle it is via a calm and private conversation, as opposed to a public screaming match.
10. **Do Not Assume.** They say when you ASSUME, you make an **ASS**- out of **-U-** and **-ME**. So don't assume anything about a person based on their race, income level, or gender. Start off each interaction by thinking of the other person as your equal.

There are dozens if not hundreds of other ways to show people respect. However, the key to showing someone respect, is to show the person you are interacting with that they are valuable. *Could you name some of your favorite ways to show respect?*

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If You're Respectful, You Can Dramatically Improve Your Relationships

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The way you choose to present yourself to the world is a personal choice. Instead of being a slave to reactions, you could make a proactive decision to be a rational and respectful person. **Being a genuinely respectful person is a sure fire way to feel good about yourself and make friends at the same time.** In fact, being respectful has plenty of other benefits.

Benefits of being respectful

1. **You never know when you'll meet again.** Treating someone with utmost respect now will leave a memorable impression on them. You never know when that person will be in a position where you need their help in the future. A bit shallow, yet very realistic way of looking at respect.
2. **Your reputation precedes you.** Tied in with #1, you never know who is watching. Wouldn't you prefer to be known as the nice and respectful person, rather than the contrary?
3. **Avoid Conflict.** In his guest post on [how to deal with opposition](#), Aaron Potts, explains that people are after respect, and giving them what they want is a great way to diffuse a conflict.
4. **Make them happy.** Why not be respectful just to make someone else feel good? Who knows what the butterfly effect of your niceness will be. Maybe you'll have the whole world being respectful back and forth. I can dream, can't I? Either way, you'll still make someone feel important, and valuable.
5. **Expand your world.** In my law of attraction article, I stated that [what you think about expands](#). Following #4, if you expand your thoughts of respect enough, how soon will the whole world be treating each other with respect?
6. **Role model paradigm.** Is it possible that someone in your life looks up to you? Kids, friends, siblings, or employees? Take a look at what you're putting out into the world, and what kind of an example you would like to be setting.
7. **Personal Challenge.** Every day you get to challenge yourself to improve in some way. Challenge yourself to be as respectful as possible, and feel a sense of accomplishment with every respectful interaction.
8. **Be the bigger person.** If nothing else, being the respectful half of a conversation will allow you to feel a sense of accomplishment that comes from knowing that you were the bigger person. Best case scenario; the other person will return the gesture.

So you see, being respectful has many long term and instant advantages when it comes to relationships of all kinds. *Can you think of any other benefits of relationships?* Let us know in the comment box below.

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