



How to Demand the Respect of Others

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Do you ever get the feeling that your first name should be *Doormat*? Do you feel as if people take advantage of you on a daily basis? Are you allowing this to happen?

If you responded yes to one or all of these important questions, it's obvious that you don't have the respect of others, but that's why you're here to learn!

Respect is something you earn. However, no one deserves to be taken advantage of. Fortunately, it's possible to change how others treat you!

Implement these simple tips and tricks and you'll receive the respect you deserve in no time:

- 1. Live by the Golden Rule.** Most of us are familiar with the Golden Rule. "*Do unto others as you would want done to you*" is a wonderful philosophy when attempting to garner respect. Always treat others as you expect to be treated. People will tend to reciprocate and treat you the same way. If they don't, then you can ease your way out of the relationships over time, if possible.
- 2. Put yourself first.** An example of this would be telling your friend that you cannot babysit her 4-year old so she can get her nails done because you're busy with your own personal appointments and schedule.
 - You have to make yourself a priority. ***If people see that you respect yourself, then you'll ultimately be respected, too.***
- 3. Use strong body language.** When speaking face to face with others, portray the fact that you're strong and important. ***Stand straight, look people in the eye, and speak forcefully*** but not overwhelmingly so.

- If your body language shouts, *"I am important and I respect myself,"* you'll surely gain the respect of others.
 - Those people who stare at the floor when speaking, avoid eye contact, and whisper their words are telling others that they don't believe they deserve respect and attention. Always remember to stand tall and proud; you're important and you deserve to be recognized!
- 4. Speak positively.** In addition to having strong body language, the words you use to express yourself are also extremely important when trying to earn the respect of others. Learn to speak in positively and authoritatively. Don't be boastful, but don't demean or belittle yourself either.
- ***Leave the impression that you're intelligent, well spoken and confident.*** If you portray yourself in this manner others will treat you the same way.
- 5. Surround yourself with the right people.** Let's face it: there are people in this world who are disrespectful to everyone and everything. No matter what you do to command respect, nothing may work!
- You may need to take some time and rethink those you're spending time with. They may not be the kind of people who have your best interests at heart.
- 6. Stand up for yourself.** If people are disrespectful to you, how do you respond? Do you say something to the offending person or do you just go on with life? ***People treat us in the way we allow ourselves to be treated.***
- If you confront the person and voice your opinion and unhappiness, chances are good that person won't treat you that same way in the future. It's not about being confrontational, but a simple *"I don't appreciate how you're speaking to me"* can go a long way.

We all have a desire and need to be respected. By making some small changes, you'll be able to open yourself to receiving the respect of others, while learning how to also express your respect. Use these techniques in all interactions every day to gain the respect you deserve.