



How to Command Respect from Others

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In today's society, respect is often seen as an afterthought. With millions of college educated professionals treating the cast of "Today's newest T.V. Drama" as their role models, respect is often taken for granted or ignored as an important part of the way we live.

However, you *can* earn respect from the people you interact with every day. The actions you take *do* make a difference.

Use these ideas to command and receive the respect you know you deserve:

- 1. Carry yourself in a respectable manner.** Act in a manner that communicates to others that you should be taken seriously. Consider your conduct and act with tact in all circumstances.
 - Carry yourself with pride. Act in a way that would make your parents proud of you. ***Refrain from taking part in something that you tell your children not to do.***
 - When you're a highly regarded person, people will automatically respect you. If you need to verbally ask for respect from others, either you're dealing with an immature person, or behaving in ways that cause others to respect you less.
- 2. Follow the golden rule.** Treat others with respect and ***they'll treat you according to the tone you've set.*** Understand that everyone has boundaries that they expect you to respect. If you cross them intentionally, you're digging your own hole.
 - If someone treats you wrongfully, reciprocate with grace and kindness. ***Be mature; walk away.*** By doing so, others will perceive you in a positive light and respond in your favor.

3. Start weeding. It's important to realize that some people simply think that they're above any moral laws. These types of people will do what they want, when they want and blurt out the thoughts in their mind with total disregard to the emotions of anyone else.

- Weed these toxic people out of your life. You are your very first priority. ***If you allow yourself to be treated unfairly by others, you're broadcasting that it's okay to treat you like a doormat.***

4. Conduct yourself with class. Keep your head above the water in sticky situations. A calm conversation often serves your interests better than lashing out in anger. Always speak positively about your friends. You'll be admired as someone who refuses to gossip and win the trust of others.

- Make it a point to be aware of your actions and reactions, and think before you speak. When you do, ***you're indirectly commanding the respect that you deserve.***

5. Be realistic. If you're trying to be on equal footing with your elders or higher-ups in your company, you're setting yourself up for disappointment. ***It's important to understand that there will always be a group of people that are above you in a certain sense.*** And it's necessary to treat them with respect.

- There's an unspoken rule in social and corporate ranking systems. The older you are, the more respect you deserve from society. The higher you are within the company, the more respect you command. ***Just remember that one day it'll be your turn.***

6. Achieve more. If you're promoted within your company for your high work ethic, or receive training or certifications, your achievements warrant respect from others. ***Outstanding achievements are praised and respected.***

- Consider continuing your education. It'll boost your self-esteem, income, and career achievements. Plus, it'll make others respect your dedication in achieving excellence.

Remember, ***the easiest way to command respect from everyone around you is to be an honorable person.*** Hold yourself and your actions to a high standard, and others will inherently be aware of the good person that you truly are.