

Conflict Management Group

Group 3 Gaining Respect

An important virtue that we all want from others (friends, loved ones, enemies, etc.) is RESPECT.

What IS **respect**? (Discuss)

Actually, there are 2 Kinds of RESPECT:

Positive Respect

Vs

Negative Respect

This is based on affection, love.

List examples of behaviors that get us positive respect:

This is based on fear of hurt.

List examples of behavior that get us negative respect:

Which type of RESPECT bring an increase in positive self esteem? **Why?**

How can we gain the kind of respect we really want from others?

1. Increase our assertiveness- be able to set boundaries
2. Decrease our passiveness-
3. Decrease our aggressiveness-

Answer: being aware of the reactions of those around us.

- Is our style of communication "shutting" the other person down?
- Is our style of body language, etc. "shutting" the other person down?
- Is our style of communication that of "tunnel vision"?
 - o What's tunnel vision?

Ticket

Welcomed Healing Harmony - Conflict Management group this morning and opened session with the Serenity Prayer. Proceeded to introduce today's process/discussion topic of the 2 different kinds of respect – positive vs. negative respect. Discussed how our respect perceptions affect our self esteem. Discussed how we can gain the kind of respect we really want from others by increasing our assertiveness, and decreasing passiveness and aggression. This is accomplished through “self awareness” and mindfulness.

Plan:

- Continue ongoing positive peers support and encouragement.
- Process the 4 ways to argue or manage conflict in relationships.

Individual Note:

attentive and actively participated in today's work. Able to share with peers their own particular “tunnel” vision and how this affects their relationships.