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## Self respect is more important

Self-respect forms the foundation of all the decisions you’ll ever make, how you treat yourself, and how you allow others to treat you. But is self-respect crucial for happiness? You may think the key to happiness lies in health, wealth, and the success of your personal relationships. And all these things are key elements on the path to greater fulfillment. But what many fail to recognize is that self-respect is crucial for happiness. Here’s why. What Is Self-Respect And Why Is It Important? Self-respect means having confidence in yourself and behaving with grace, honor, and dignity. The difference between self-respect and self-esteem Self-esteem is knowing you can conduct yourself confidently in every situation. Outwardly, you are successful, which contributes to your self-esteem. But it’s possible to experience and act with self-esteem while having little self-respect. The problem with just relying on self-esteem, or being caught up in this evaluative framework, is the moment you have a bad day and doubt yourself, you fall prone to blame, guilt, regret, and stress. The difference between self-respect and ego Self-respect is the respect you have for yourself, while ego is your understanding of your own importance. An inflated ego may be borne from too much self-esteem, or when you realized just how important and special you are inspired by mental imbalances. People with a huge ego sometimes feel unequal to others because, deep inside, they feel worthless and undeserving of respect. But when you respect yourself, the ego is still naturally present, but does not play a huge part in your actions. The person with self-respect simply likes themselves, which is not contingent on their own personal successes or failures. What Is Self-Respect In A Relationship? While it is very important to respect your partner when you are in a relationship, it is equally important to respect yourself too. In fact, self-respect is the foundation of all strong and healthy relationships. When you accept yourself as a whole person, with both flaws and strengths, it changes how others perceive you. When you know who you are and how much you’re worth, you will not let anyone, and not even your partner, treat you as a doormat. That is why you should practice self-respect in all of your relationships: with your partner, friends, parents, and everyone you meet. When you lack self-respect and self-love Before we explore why self-respect is crucial for happiness, we must first learn to recognize the red flags of low self-esteem. 1. You’re the doormat. If you’re always the one that people ask things for without giving back anything in return, then you might need to build up your self-love. Same is true if you let people walk all over you, giving in to their wishes even though you hate it. 2. You lose yourself in a relationship. You start a relationship and then, in the process, completely forget who and what you are. Decisions are made without your approval or notice, and you just plod along. Your forget your values and find yourself doing things you wouldn’t normally do, and which is totally against your true nature. 3. You are attention seeking. You’re dying for validation which your low self-esteem cannot provide. Instead, you follow an image or symbol in order to gain attention and sometimes do stupid and erratic things, like making a fool of yourself at a party or the office. 4. You overindulge in bad habits. You’re drinking, drugging, overeating, self-harming, punishing yourself, and your body. Food and drugs become ways to indulge and to forget. 5. You care for people who don’t care for you. You’ll move mountains for someone who doesn’t even take notice of you. You keep making excuses for those who wouldn’t think twice to throw you under the bus. 6. You tolerate verbal, mental, or physical abuse. You tolerate abusive partners and nasty people because you remember that one time they really treated you nicely, and you hang on to that feeling of belonging. 7. You have desperate, casual sex. You have sex with someone just because you need the attention. Your sex isn’t liberated, fun, or respectful. You don’t enjoy it, but instead, use sex as a way to feel you belong or are loved. 8. You are a puppet. You meekly go along because you genuinely believe you have nothing of value to add to a conversation, relationship, or meeting because you think your opinions offer no value. 9. You became untidy and sloppy. Your surroundings are in a mess. Your room is scattered with clothing and the sink in the kitchen is constantly full of dishes. You don’t care about cleaning up and just want to sleep all day. Why Self-Respect Is Crucial For Happiness So, we know how to recognize the red flags of low self-esteem. But why is self-respect crucial for happiness? 1. Self-respect exhibits toughness and moral nerve. You will display strong character with the willingness to accept responsibility for your own life, and you’ll fight for your values and beliefs, no matter what. This will make everyone else take note and admire your courage. 2. Self-respect makes you a better person and partner. If you respect yourself, you believe you’re a worthy individual. And when you feel worthy, you believe you are deserving of love and respect. And when you command respect from others around you, they’d start to appreciate you more and take you more seriously. 3. No more need for comparisons. When you love yourself, you feel good, you value your attributes, your talents, your skills, and your abilities. Which means that you never compare yourself to others, and you don’t feel jealous when others shine in their own way. How Do You Show Self-Respect? 1. Respect your beliefs and values. Determine which of your beliefs and values reflect your authentic self. Stick to them. It’s yours, and you don’t need to change them for anyone. Under no circumstances should you change your values to suit someone else, as then you will let yourself down. 2. Respect your body. It’s the only one you have. Take care of it and pamper yourself often. Live healthily and make exercise a lifestyle priority. 3. Respect your environment. If you can’t take care of your home or car, you can’t take care of yourself. Clean up, de-clutter and surround yourself with beautiful things that are a reflection of your beauty and character. 4. Respect your interests. Stop hiding your hobbies. Openly share your passions. There are plenty of people who will be interested in the real you. 5. Respect your word. The most powerful tool to have is your word. So stay honest, form opinions, openly communicate how you really feel. You owe it to yourself to speak up. 6. Respect your boundaries. People will value you less when they realize you’re spineless and easily manipulated. Understand your limits and learn to say no. 7. Respect your fears. If you try to escape or run from your fears, they will gain power over you. Face your fears head on, and push through it. 8. Respect your failures. They are an incredible feedback system. Stop seeing the negatives, turn them to your advantage, find legitimate value in them, and learn from them. 9. Respect your time. Manage your time efficiently. Ask yourself what’s really important and balance your priorities. 10. Respect elderly advice. Maya Angelou perfectly said: “Never allow someone to be your priority while allowing yourself to be their option.” Find quotes from the elders to strengthen your character and thinking. 11. Respect your weaknesses. Always see them as opportunities for growth and character-building. 12. Respect your goals and dreams. Make a list of goals and start with the easiest one. Accomplish it, feel great that you did something for yourself. You’ll start to become confident in your abilities while simultaneously achieving what you want. 13. Respect your feelings. Don’t stay in a job that makes you miserable. Don’t stay in a relationship that makes you sad. Don’t do something if it doesn’t feel right. 14. Respect your opportunities. Say yes more often, it will give many new adventures and experiences and expand your comfort zone needed for growth. 15. Respect your needs first. Find what will make you happy and don’t try to meet someone else’s needs before you took care of your own. 16. Respect and accept the retaliation. The people who retaliate to your changes are always the people who were manipulating and using you in the first place, causing your low self-esteem and self-doubt. Shut them out of your life. 17. Respect your actions. Action is the most powerful force for positive change. Even if it is not the right action, it still releases energy. Combine action with a positive attitude, regardless of your thoughts and feelings, as your actions and attitude will eventually impact your self-esteem. 18. Respect your accountability and responsibility. Accountability and responsibility have been proven to accelerate action and success. Stand tall, and mighty forces will come to your aid. 19. Respect your thoughts. Let your thoughts come and go, accept them, and then teach yourself to think positively through stillness or meditation. Change the way you think, talk, and behave toward yourself. 20. Respect the company of respectful people. You are a combination of the people you spend the most time with. Respect yourself enough to make sure those people are positive influences. Actively seek out people who treat you the best way possible. 21. Respect your new confidence. Do things that you’re good at. Accept compliments. The more you do things that build up your confidence, the more confident you’ll feel. 22. Respect honesty. Honesty is the ultimate sign of respect. When you’re honest with yourself, you’ll see what’s good for you and what’s not. 23. Respect acceptance. To respect something is to accept it. To respect yourself is to accept yourself. So it’s only until you truly love and respect yourself, accepting who and what you are, that you can start to believe you are worthy of another person’s love and respect. So, in the end, it boils down to this: accept yourself, respect your efforts, and you will, in the end, respect yourself. And self-respect leads to self-discipline. Now that’s real power. We talk about freedom and liberty in terms of politics and government. But freedom and liberty have more to do with psychology than with politics. Consider the psychology of shaming. If you’re a dictator, you can’t depend on government for enforcement of everything. Sure, you can issue an edict demanding that everyone wear masks, even after they’re vaccinated, “for as long as I say so until I say otherwise.” But it’s the social shaming that really enforces the rule. In states like Florida, the Governor doesn’t even require people to wear masks. But many corporate stores do. The stores can’t totally enforce the mask mandates either, but they can count on shaming to take care of the job. In order to resist shaming, you must have a strong sense of self. You must have self-esteem, self-respect and personal autonomy. Without these qualities, it really doesn’t matter if you’re living under a dictatorship, or not. Because without self-respect you’ll create your own kind of dictatorship by submitting to everything and everyone. You’ll create your own kind of inner jail, and perhaps start to resent others for the impositions YOU permit. Dictators love people who are submissive. They can spend less money on jails, police and prisons and more money and energy on the things dictators like. Events of 2020 and 2021 have shocked me. Even I never realized just how LOW the self-esteem and self-respect of most people are. I look at people wearing masks in their cars (alone no less), or masks on non-crowded sidewalks where even in blue states they’re not required. It doesn’t matter. Millions of people are SO lacking in self-respect and independent thought that they volunteer to advertise, “Look at me. I obey. I conform. Please like me.” Most of the people doing this don’t really believe wearing masks help. Most grasp the fact that if masks really protect a person, then you don’t have to wear a mask to protect others. It doesn’t take a Ph.D. in rocket science to grasp that if vaccinations work (and therefore are essential), then mask-wearing should no longer be required — much less be required indefinitely (if not permanently) into the future. Most people know the absurdity of all this. It’s the SHAMING they’re afraid of. “If I don’t do what I’m told, then I will look mean or otherwise stand out in the eyes of others. THAT I cannot stand.” A society filled with people who lack self-esteem cannot survive. If more people had even limited self-esteem — and that’s clearly, tragically not the case — then no dictatorship could ever take hold. Instead, dictators are on the march as we’ve never seen before in the United States. Just wait until the the vaccination passports start being required. Oh, and the mask mandates aren’t going anywhere either. Self-esteem comes from a strong sense that one is able to determine what’s true without authorities — and, even more, that it’s a sacred personal responsibility to do so. I don’t know where that trait went in most Americans. Its absence has created an overwhelmingly clear and present danger to freedom itself. Follow Dr. Hurd on Facebook. Search under “Michael Hurd” (Rehoboth Beach DE). Get up-to-the-minute postings, recommended articles and links, and engage in back-and-forth discussion with Dr. Hurd on topics of interest. Also follow Dr. Hurd on Twitter at @MichaelHurd1, @DrHurd on Gab, drmichaellhurd on Instagram and @DrHurd on Parler. Self-respect determines all the decisions you make, how you treat yourself, and how others treat you. A healthy level of self-respect gives you the confidence to set firm boundaries and helps you understand your values, strengths, and weaknesses and follow them. If you want to improve your self-respect, this article offers 10 great practice strategies you can implement right away. But before that, we tell you what self-respect refers to, why it is important, and how it differs from self-esteem. We’ll also tell you how online therapy can help you if you have self-respect issues. Let’s get started. What Is Self-Respect? Simply put, self-respect means having confidence in what you do and carrying yourself with dignity, honor, and grace. It is an inner power that you must take ample time to develop, given that it comes from experiencing life’s setbacks and failures and learning how to rebuild. Self-esteem enables you to focus on what’s important to you and not on pleasing others. Why Is Self-Respect Important for You? Self-respect is key to your happiness in the world. If you lack it, it becomes difficult to enjoy life and other experiences. It gives you courage, which goes a long way in helping you express yourself in society. Self-respect also gives you clarity on yourself, what you wish to do, and the tools you can use to achieve your goals. It is a unique personal attribute that gives you confidence, compassion, understanding, and fulfillment. Self-Respect Vs. Self-Esteem: How Are They Different? Self-respect is connected with self-love and has to do with the positive values you attribute to yourself, like honesty, confidence, humility, and having dignity, and integrity. When you have self-respect, you lead life on your beliefs, and what others think or want will not sway you. You embrace yourself fully, regardless of imperfections. On the other hand, self-esteem refers to how you feel and think about yourself. You get self-esteem when you feel that you are meeting your standards or expectations in any aspect of life. It’s important to note that you can have healthy self-esteem while having little self-respect. 10 Strategies for Practicing Self-Respect Want to work on your self-respect? When you practice self-respect, you’ll become more positive about your thoughts and emotions. You can start practicing self-respect right away with these 10 effective strategies. + Add New Category Choose Self-Respect The first step to take if you want to respect yourself is to commit to change. Choose to practice self-care, self-worth, and self-respect every day. Identify What Makes You Respect Yourself Do some self-analysis to know what things make you feel good about yourself. After that, prioritize them every day. For instance, if exercise makes you revere yourself, you can incorporate it into your daily life. Mind Your Feelings What you feel is as important as everyone else’s. Given this, if something makes you uncomfortable, it’s sensible to pay attention to that, respect that, and act accordingly. Consider your emotions every day when making various decisions. Minding your feelings is essential, especially since many of us tend to seek the approval of people around us. By respecting other people’s opinions, you show that you disrespect your own needs, desires, feelings, and beliefs. Essentially, you are saying that others are worthier than you. Refrain from Self-Deprecation Self-deprecation is the habit of reprimanding yourself by belittling, undervaluing, or disparaging yourself. It also entails being unrealistically modest about your abilities, achievements, etc. If you are keen on building self-respect, you should refrain from making self-deprecating statements. After all, what you say about yourself over time could turn into what you believe, which can further hurt your self-confidence. So, make a point of avoiding any self-deprecation until you can understand the thin line between it and making fun of your abilities, beliefs, and so on. Start Journaling Journaling is one of the best ways to practice self-care and keep your mental health in check. A journal gives you a private space to express yourself and deal with different emotional problems: Stress Depression Anxiety Mood swings, etc. In this case, you can use your journal to note when you disrespect yourself and your thoughts during these moments. By keeping a record of these events, you can easily identify a pattern and the triggers. Be Honest to Yourself Being honest with yourself means accepting who you are as a person and who you are not. Build self-respect by knowing your interests and talents, likes and dislikes, and doing things that align with these attributes. For example, carrying on with job positions, friendships, and hobbies you don’t like disrespects yourself. Instead, prioritize what gives you satisfaction to live a more fulfilled life. Take Action on Things You Want Dreamt of owning your own business? Take the leap and start it. Always thought about being a medic? It’s not too late for you to apply to medical school. Practice self-respect by going for the things you want. If you have self-confidence, it doesn’t matter if no one else believes in you. Think of successful entrepreneurs like Elon Musk, Mark Zuckerberg, Sam Walton, and Bill Gates. They founded startups that later became large corporations. Prioritize Your Emotional Needs Practice self-love by doing things that make you feel content, happy, and comfortable. If anything, say a friendship or relationship, makes you feel sad, discontent, or mad at yourself, it’s probably time to assess it. Every person has their own emotional needs, and it’s your responsibility to take care of your own. So, know what your needs are and make sure they are fulfilled. Don’t wait for someone else to come and meet them for you. Recognize That Your Deserve to Be Treated Respectfully In most cases, other people treat you exactly how you show them you want to be treated. When people don’t treat you with respect, it’s often a reflection of your own self-image. Remember, you deserve respect for the simple reason that you are human. Also, be aware of your own values and stand up for yourself when you feel disrespected. People will treat you better when you start demanding respect. Learn to Say “No” One of the best things you can do when building your self-worth is saying no when you’re not okay with something. It can be hard to say no to people close to you as you don’t want to hurt them or look like a horrible person. However, saying no when something isn’t alright with you means that you’re confident and respect yourself. Here are some polite ways to say “no”: “Unfortunately, now is not a good time as I’m in the middle of something.” “I’m sorry, I’m not able to fit this one in at the moment.” “I can’t commit myself at the moment as I have other priorities.” “No, thank you, maybe next time.” “Thanks for thinking of me, but I’m not available right now.” When you stop saying “yes” to things to please others, you’ll be surprised at how much freedom you’ll have. You will have time, mental energy, and peace of mind to concentrate on the things that actually matter to you. Takeaway Self-respect is about treating yourself the same way you would like other people to treat you. If you’re constantly self-judging and devaluing yourself, others will also treat you the same. Building self-respect, especially when you’re struggling with low esteem and confidence, will take some time. However, these tips should help you get a healthy level of self-respect. Sometimes, lack of self-respect is associated with mental health issues or inability to cope with life’s challenges alone. So, to work through it, you might need to try therapy and start a path to a better life. You can start online therapy at home with Calmerry and work towards building a more confident self. . .

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