

EKTIMIS.com Quote of the Month

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“To repair a broken or damaged relationship, the first tool you need is respect. Once repaired, the most important tool you need to sustain the relationship is also respect.”

Many of us have experienced dehydration at least once in our lifetime. Dehydration is a medical condition whereby you lose an excessive amount of body fluid. When you experience dehydration, your body typically loses water and electrolytes necessary for your organs to function and sustain life. The remedy for dehydration is to restore water and electrolytes in the body. Once this is achieved, the body begins to stabilize itself and symptoms of dehydration gradually diminish. Equally important still, water and electrolytes remain necessary and vital to keep the body healthy. The remedy (for dehydration) is also the (same) ingredient for continued good health.

Relationships function the same way as the analogy presented above. When a relationship is damaged and broken, respect is always at its lowest—if not gone. The level of respect in a relationship is always a measure of the quality of the relationship. To repair a damaged or broken relationship, that which has been lost—respect—needs to be restored. Once the relationship is restored over time, respect continues to serve as the measure of the quality of the relationship, and as the primary ingredient necessary to sustain the relationship.

As you seek to forge new relationships as you journey through life, be sure to confirm that respect is in order—self-respect and mutual respect. The quality of the relationship will vary according to the degree of respect in the relationship. I cover this concept in [The Top Ten Laws of Respect](#) book series.

(Comments are welcome at ektimis.com or at my Blog: <http://thetoptenlawsofrespect.wordpress.com>)

About the Author



Niyi Taiwo is the founder of EKTIMIS and the lead editor for the EKTIMIS eLibrary articles. He is a speaker and the author of several books, including the EKTIMIS Top Ten Laws series. He is a continuous improvement expert with over 21 years of industry experience – operational, management and consulting. He has been studying the topic of respect since 2004. He holds an undergraduate degree from WPI and a master's degree from RPI. He is an organizational improvement and diversity consultant, a certified Lean Expert and an ASQ-certified Six Sigma Black Belt.