

## EKTIMIS.com Quote of the Month

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**“When you find yourself in a desperate situation, sometimes you lose more than you realize - you lose your self-respect.”**

Desperation, as used here, refers to a state of worry or distress. How many times have we found ourselves in a state of distress? How many times have we found ourselves in a situation where we need an answer or a solution to a major problem promptly? At such times we are often willing to do anything in return for an answer, a solution, or anything that will make our problem go away.

And, at desperate times, such as these, we are typically not in a sound state of mind. We are often scared, frantic, confused, or upset. It is this unstable state of mind, coupled with our willingness to do anything—to get out of a jam—that creates a recipe for a potentially significant loss of our self-respect and/or physical harm.

But, many desperate situations in which we find ourselves are sometimes due to our own actions or inaction—sometimes we bring this problem upon ourselves. Also, sometimes a desperate situation that we create takes a long time to form with many red flags popping up along the way—all ignored. Remember that word of caution from a friend, recall the repeated advice from family, or better yet, reflect on those times when your conscience suggested a certain course of action that you felt comfortable with, but totally ignored!

When life throws you a desperation curve ball, remember the following: take a timeout, and calm down; think of the options available to you along with their consequences; and never think you have to do anything for an immediate solution. An immediate solution may be short-lived and may put you on a path to greater loss—of your self-respect.

(Comments are welcome at [ektimis.com](http://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.