

Respect Factoid 2 - Roots

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“Respect is rooted in an attitude driven by a value system.”

What is your attitude? This is a question that we ask often here at EKTIMIS. This is also a question that you should ask yourself, people close to you, and people you work with. Once you get past the initial puzzle and the misunderstood context of the question, you will be amazed at what you learn.

Much like most things in life, respect has roots. The reason you show respect for yourself, or for someone else, is based on your frame of mind—your attitude. While your frame of mind may change from time to time and over time, your consistent behavior is driven by that aspect of your frame of mind that is driven by your value system—your mental process of evaluating people and things around you. I drew this conclusion during my research of the topic of respect, and I cover this reality extensively in *The Top Ten Laws of Respect* book series. I also illustrate this concept with the [EKTIMIS Respect Model](#)—a graphical view of the various components of respect.

If you have a poorly developed or immature value system, it will be reflected in your sustained attitude and, in turn, in your outward behavior and action. Your capacity to respect yourself and to respect others fairly is always rooted in solid or shaky ground.

(Comments are welcome at <http://ektimis.com/articleslibraryfeedbackform.aspx>)

About the Author



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