



# MOVING AHEAD: The Challenge

## Human Respect Worksheet

### RESPECT FOR OURSELVES

Increasing the amount of time when you feel self-respecting, more time when you remember your own basic worth and goodness, is important. In what current and potentially future situations are you likely to feel less than fully good about yourself?

1. Describe one situation.
2. How can you plan to help yourself remember and reclaim your self respect in this situation?
  - What positive messages, affirmations, or positive self-talk could you use?
  - Who are two supportive people you could talk with who would help you see your goodness in this situation?

### REAPING WHAT WE SOW

1. Name a person, a relationship, a situation, or a group with whom you're aware that you've thought and/or acted with less than full respect.
2. Remember, showing respect does not necessarily mean agreeing with someone or backing down from your principles. However, think hard about ways you can find the humanity in this person or group. What about them can you find to respect?
3. What could you do (independent of their opinions or actions) that would create a more respectful interaction with them?
4. As you approach this situation and/or people differently, see if you can notice any shift in how you are treated by them. If you see no difference in their behavior, notice ways in which you feel better about your part in the relationship. Stick with this! Old patterns are hard to break. See what positive changes you notice over the next weeks or months.

### NOT A MINUTE TO HATE: PURSUING SOCIAL JUSTICE

1. Looking over the list of national and international resources, name one justice-related cause or organization you believe in. If you have alternative social justice causes and/or organizations, name them.
2. Give two examples of ways you could possibly increase the level of your dedication/commitment to the work of this cause or organization over the next three months.
3. Now, get more concrete! Of the two examples above, state one thing you will do, and how and when you will do it.
4. Always remember what the Reverend Martin Luther King Jr. said: "Life's most urgent question is: What are you doing for others?"

