**Responding with Self-Respect**

1. You are at the West Hartford Reservoir for a run. You notice your shoe is untied, so you move to the side and begin to tie your shoe when a young man on his bike almost runs into you.
   * Look at each other responses below:
     1. You say “Oh, sorry” in an apologetic tone.
     2. You say “Hey buddy, watch where you’re going!”
     3. You say nothing.
     4. Another option? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
        1. Which response(s) show a lack of respect for yourself? Why?
        2. Which response(s) demonstrate self-respect? Why?
2. You have an assignment for which you’ve been assigned a partner. You split the work with your partner. You complete your half and your partner says he’s working on his half. After a week, the day before it’s due, you ask your partner about his half. He claims you never told him what he was supposed to do so he didn’t do anything.
   * Look at the responses below:
     1. You say “Oh, I’m sorry. We must have misunderstood each other. Do you need me to help you finish your half?”
     2. You say “Clearly, I did tell you because you told me you were working on it. If you don’t get your half done, it will be your fault we fail.” and e-mail your teacher to let him know what happened.
     3. You say nothing, but you turn in a completed project with only your name on it.
     4. Another option? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
        1. Which response(s) show a lack of respect for yourself? Why?
        2. Which response(s) demonstrate self-respect? Why?
3. A guy on his cell phone isn’t paying attention when he cuts in front of you in line. When it’s his turn, you realize he needs assistance that is going to take up a lot of time. In the meantime, you are supposed to meet with someone in 20 minutes.
   * Look at the responses below:
     1. You say “Excuse me. If I had known you were going to take all (bleep) day, I would have said something when you and your big ego walked straight to the counter, you (bleep). ”
     2. You say nothing. You text the person you are meeting to let them know you will be late.
     3. You pull a manager aside to let them know the employee didn’t say anything to the line-cutting customer, and they may, as a result, lose your business.
     4. Another option? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
        1. Which response(s) show a lack of respect for yourself? Why?
        2. Which response(s) demonstrate self-respect? Why?
4. Why do you think inappropriate language, such as swearing, is often considered a sign that you are not showing respect for yourself?
5. Do you think there are any short term consequences for responding by apologizing to or covering for a person who wronged you? If so, what are they?
   * 1. Do you think there are any long-term consequences if you frequently engage in this behavior? If so, what are they?