

How To Show Respect (Practical Tips)



At it's true essence, showing respect can simply be done by doing to others as you would like done unto you. Simple and easy. Clearly stated. Treat people how you want to be treated. Give people the same value, time, adoration, admiration, gratitude, compliments and intensity that you would want to be given.

If you get nothing else out of this article, this simple tip can be the tip that helps you show respect the most. But there other awesome ways that we can use to show respect to people in our lives. But what are they?

Well below I get into what they are. So that we can learn to master the art of respect. And literally make anyone in our lives feel that they are respected by us more than anyone else does in their lives.

The Definition of Respect (Meaning of Respect)

I love analyzing the word that you and I are talking about. So what is the bare bones meaning of respect? Well Webster defines it as:

- **A feeling of deep admiration for someone or something elicited by their abilities, qualities or achievements. Due regard for the feelings, wishes, rights or traditions of others**

So when it comes down to it, both of these phrases sum of the definition of respect. It shows that is in part having regard for WHO people are. And showing adoration and admiration for what made them who they are.

Importance of Showing Respect For Others

The more we respect ourselves, the more we can respect others. So respecting people can mean that we are becoming better people by doing so. And becoming better people makes us feel better about ourselves. Which in turn, makes us respect ourselves more. And then treat people with even more respect. This is the power of respect and showing it to others. The power of respect has a way of letting someone know that we see the best in them.

Tips on Showing Respect

1.) Look People In The Eye

Eye contact is an excellent way to show respect. It is showing that you are truly listening to them and that you are giving them the respect that it takes to not be distracted by anything else. Eye contact can really show you are bestowing respect to the other person. It shows that we are being sincere along with paying attention during the conversation.

2.) Say Thank You

A sincere utterance of “thank you” to someone shows a great deal of respect. When it comes down to it, people want to feel that they are valuable. Their time. Their knowledge. So when it comes down to it, saying things like

“Thank you for taking time out of your busy day to meet me.”

Or

“Thank you for the value you brought to this conversation.”

Phrases like this show that you respect the person and what they have to offer and bring to the table. It makes people feel that they are valuable. An inherent need in all of us. A validation is a great way to show respect. As it is providing compassion to someone. It is making someone feel appreciated and that you are grateful for their existence. It makes you look polite, and opens up someone to communicate more often and for longer periods of time with you. People will, from then on, feel more respected in your presence as they have new and positive memories to reflect on about you.

3.) Respect Yourself FIRST

You can't give what you don't have. Physically, mentally, emotionally. When it comes down to it, no better quote can be offered for our point here other than this one:

“Respect yourself and others will respect you.” – Confucius

But how do we respect ourselves more? Some of the tips include:

1. **Not violating our moral codes.** The more we violate our morals, the more we hate ourselves and regret our choices. When we think better we act better. When we feel better we treat ourselves better.
2. **Refrain from letting others thoughts shape you.** Many people will try to cut you down because they are projecting their own insecurities on you. What someone says about you doesn't have to become your reality. Always believe empowering things about yourself.
3. **Speak highly about yourself.** Always monitor your mind and replace negative thoughts with their positive counterparts.
4. **Take responsibility for your life.**
5. **Always be learning and developing your passions.**

4.) Ask People Questions

When it comes down to it, you can really extend the length of a conversation and add value to it by asking questions to the person you are talking about. It shows that you care enough about them to dig deeper than normal. Even if you are visiting your local coffee shop, you can show respect by simply asking “How's your day treating you?”. It is much better than simply saying “Hi I'll have a medium latte.”

5.) Listen With The Intent Of Replying To What They Are ACTUALLY Saying

When we are conversing with people, often times we are simply waiting for them to stop talking so that we can get our chance to stop talking. To get our chance to shine. But when it comes down to it, people LOVE to be heard. Truly heard. Think about a time in your life where someone was truly listening to you. They may not have even given you any advice on how to solve the problem. But they simply said things like – “I totally get how you feel

that way.” Or “Can you tell me more about that?”. So as much as you can, seek to first understand people and try not to think about forming the best response to inject as soon as they are done talking.

6.) Try To Be As Helpful As Possible

When showing respect, it is great to try to be an asset to people. Give more than you take. Always be seeking to add value to other peoples lives. Try to make connections between people to where you can introduce them to people that can help them better their personal or professional lives.

Also return favors to an even greater extent to those who have been kind enough to help you along the way. Show them that you are grateful for their help and that you want to help them even more.

7.) Don't Waste Peoples Time

When someone asks you for help with someone, try to help in a timely manner. Show up fully and on time when you make commitments and be there fully. People value their own time. And when you are either late, or aren't efficient with their time by getting distracted or wasting time with meaningless conversation, people feel that you are taking advantage of them. You can show respect by allowing people the courtesy of showing them that your respect their time. And that their time is valuable.

8.) Always Seek To Uplift

Snide remarks are cut downs belong nowhere in life. No matter how the conversation is going, always seek the positive. Always bring good energy into interactions and seek to say things to the other person that show them that you see them even better than they may see themselves. Say positive things:

1. I believe in you.
2. You have the ability to reach your goals.
3. You look amazing today.
4. You have such a positive, optimistic, realistic, idealistic outlook on life.
5. Your smile lights up the room.
6. You have such contagious positive energy.
7. You have made such an impact on my life.
8. I appreciate you, your friendship, your mentorship, etc.
9. You bring out the best in people.
10. You are excellent at your job.
11. You have such a positive outlook on life.
12. You inspire me.
13. I accept you just the way you are.
14. You are so brave.
15. You lead by example.
16. I am so thankful we met.
17. You are a good human.

9.) Share What May Be Blocking Them From Success

Truly caring about someone can mean bringing up the things most people don't want to talk about. Because of the fact that you want to show that you care about someone, you can be the one to have those tough conversations.

The truth about it though is that no one likes to be wrong or seen as weak. But when you communicate to someone that you truly care about their success and then lead to tell them how they can become better, this can be seen as unconditional caring. This is a high form of showing respect for someone.

10.) Show Patience With People

Often times we want people to simply get to the point. We are impatient and want to get interactions over. But showing respect means being patient. Like Jean Jacques Rousseau says:

“Patience is bitter but the fruit is sweet.”

This is true when it comes to showing respect. We can't be efficient with people. We must be patient enough to let them communicate and then given them the courtesy of taking enough time and energy to respond in a way that lets them know that we aren't trying to push our interaction along at a pace faster than it should be going.

We may not want to be patient as we want to be efficient. But patience equates to efficiency. Because people will open up more to you and won't feel as if they are being treated like a number.

11.) Believe In Them

When it comes down to it, being believed in feels great. It shows us that people see that we have potential. We can show people respect in believing in them. Their goals, dreams and visions. Encouraging them to go after what they want in this life. For the sole fact that we believe that they have WHAT IT TAKES.

We have all had at least one person that seemed to believe in us. To see in us what others or even ourselves may have not seen. To see potential and let us know that we have it. We will never forget this person. Because they had such an impact on us.

You can be that person for people. A truly encouraging person.

12.) Show Your Respect For People In Front Of Others

Put people on blast! Say things like “Hey Jake don't you think Ryan is a stud!?”. Or hey Jessica isn't Erica the most driven person you have ever met?”

Saying nice things in front of people has a great affect on how people feel respected. You are showing people that you believe in them enough to put your own reputation on the line. That you believe in them enough to show it in front of a group. That you have their back.

People will feel respected and will feel as if they owe something to you in a sense. Of course not that you would take advantage of them in this regard. But that you have made such an impact on them that they will remember you. They will remember that you do respect them a lot.

13.) Respect People Even When They Don't Deserve It

At the end of the day, the more respect and adoration we give, the more we respect and adore ourselves. And while not everyone deserves our respect, we can still give it regardless. We can see people that don't deserve it as a test. If we can give respect to even the toughest person, it will be that much easier to do to people who do deserve it.

It is also a reflection of yourself. If you respect everyone, you will respect yourself and be seen by others as a respectful person. Never stoop to someone else's level. Kill them with respect and then respect your own self by removing yourself from situations.

14.) Respect Opposing Opinions (Be Accepting)

People are going to have conflicting opinions, ideals, beliefs and viewpoints. Respect is shown when you see a person for the individual that they are. Just because they don't think like us doesn't mean they are wrong, were raised wrong or are bad people.

It just means they are coming from different perspectives and were raised differently. Take up a sense of curiosity when people oppose you. Say things like "I came up believing things this way. How and why do you believe that?". This shows the person that you aren't going to attack them for being different from you.

Try your best not to be offended. Stay curious. Be accepting. No one likes to be judged. The best way to show respect is to be completely accepting of all the person is.

Also, no matter if the person is younger than you. Smaller than you. Has less education than you. Or speaks less eloquently. Treat them with the same respect you would if you were talking to your grand parents or religious leader.

15.) Address People By Name (And How To Remember Peoples Names)

It is awesome to remember someone's name the first time you meet them. And then from then on, sprinkle it throughout your relationship. It shows respect as you are taking mental space to remember this person.

Often times we have the bad habit of meeting someone, then right away forgetting their name. Do your best to remember peoples name as soon as you meet them.

This will build better relationships with the people you talk to. And make them feel a sense of importance. Plus it feels good to be called by our names. It is the sweetest word we can and want to hear!

. Here are some tips on how to remember names -

1. Don't treat introductions like a formality. Commit right away to remembering the persons name. Be fully engaged instead of seeing it as a passive formality.
2. Repeat their name to yourself 3 times in a row, silently while looking at their face.
3. Repeat their name multiple times throughout the conversation.
4. Ask them how they spell their name if you are not sure.

17.) Bring Up Peoples Passions

Anytime someone tells you something they are proud about, try to remember it. Then bring it up. For example if you know someone is lifting weights, tell them how much of a beast they are in the gym. Or if they have hit any personal bests with the weights since you have seen each other last.

You are recognizing someone positively for something they work hard on doing in their life. People put a lot of hours into the things they love. Recognizing this makes someone feel very special and respected.

18.) Be Honest and Real

“If you spend your life sparing people’s feelings and feeding their vanity, you get so you can’t distinguish what should be respected in them.” – F. Scott Fitzgerald

The best way to be real with people is to be completely honest. Telling the truth is the utmost respect you can show to an individual. No one wants to be lied to. Even if they are white lies. They are still breaking the trust with someone. We can sense that we are being lied to. Even if we don’t consciously register it, we can feel it at a deeper level.

Tell people the truth. Honesty truly is the best policy when it comes to showing people respect.

It is how we want to be treated. No one wants to be lied to, right? Would you rather hear the cold hard facts? Or have the truth be danced around because people are afraid of disappointed or hurting you? The truth right? We need to give people the same courtesy.

Be very sincere. If you can’t be sincere, speak less. People are too good at spotting phony interactions.

19.) Speak Clearly

There is nothing worse than someone who is slurring or talking lazily. That we value them enough to use full and complete sentences. And be punctual in our approach with our speech patterns. This is a great way to show someone respect.

20.) Don’t Use Excuses

We justify our actions, or lack thereof with excuses. We were late meeting someone so we blame it on the traffic. Instead we should say that we should have left earlier. Take ownership with people instead of giving them excuses. No one likes to be fed excuses. We are all people. We need to take ownership of our lives, and give the same respect to the people in our lives.

21.) Share The Excitement Of People’s Wins

Also, share in people’s excitement. Mirror their excitement. Act as if their win is your actual win. Show them that you are excited for them. This will make people feel as if you want the best for them and truly care about them winning.