

Do you feel as though everyone expects you to do everything while they do nothing?

Do you ever feel disgraced or criticized?

Then you might be living with a Not-So-Silent Killer of Families!



The Killer Stalking Your Family

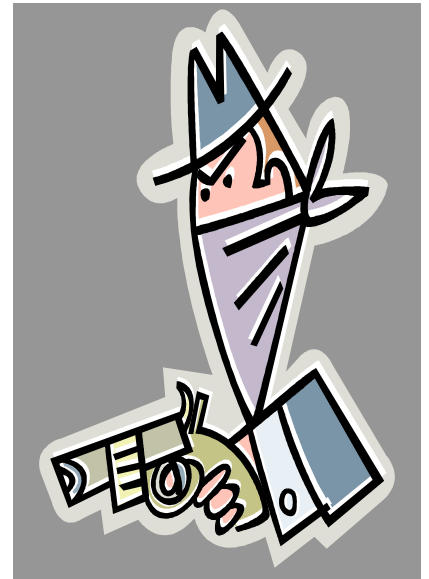
There is a killer stalking your family. It does not physically attack families; but it will destroy family relationships and devastate each person's self-image. Sometimes it works subtly, like a wolf in sheep's clothing, hiding behind humor, knowledge, and deception. At other times it blatantly attacks family members. This enemy of your family goes by many names, but ultimately we know it as disrespect.

Honor Grace Celebrate

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The Not-So-Silent Killer of Families: Disrespect!

Honor Grace Celebrate

Encouraging Families to Become Celebrating Communities of Honor and Grace

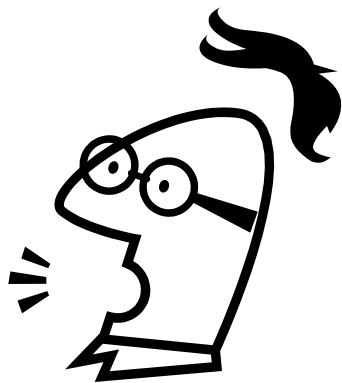
The Killer Nature of Disrespect

Disrespect harms individuals and devastates relationships. It creates wounds so toxic they can remain open and unhealed for a lifetime!

Disrespect thrusts a person into an inferior role. It creates an environment of inequality, an environment in which the disrespected person is treated as less valuable, less worthy, and less esteemed.

The very act of disrespect inaugurates a hierarchy in which the disrespectful person assumes the role of a controlling master and assigns the role of a less capable, less intelligent serf onto the one he disrespects.

The disrespected person naturally responds with anger and rebellion, self-hate, and emotional withdrawal, or both. Communication falters and, ultimately, your relationship will die. Disrespect is a killer stalking your family!



I Would Never Be Disrespectful! Really?

Jennifer Gill Rosier, PhD (The Family Coach) discusses five ways family members can show disrespect to one another:

→**Disgracing.** Family members show this type of disrespect when they criticize or insult one another. Disgracing includes name-calling, shaming, and attacks on a person's character.

→**Dramatizing.** A disrespectful person dramatizes by using words like "always," "never," "all," or "none" to describe our family members or their behavior in a negative way. For example, "You never did care about me;" "You never listen to me;" "You always boss me around;" "You will always be a loser;" etc.

→**Dictating.** This type of disrespect occurs when we give orders, commands, or directives in a way that implies a hierarchy with us on top. A person who dictates often expects family members to make huge investments in family relationships or household duties but makes little to no investment of their own.

→**Disregarding.** Family members disregard one another by ignoring or rejecting. Disregarding family members can include ignoring their attempts to converse, their feelings, or their interests. The disregarding person may also reject other family members directly—"leave me alone"—for no real reason.

→**Dominating.** Family members can disrespect one another by controlling one another—for example, inhibiting their involvement in activities or interactions, talking over them, or simply overpowering them during decision making or conversation. Family members may also show this type of disrespect by telling another person what to feel, think, or find interesting rather than allowing them to discover their own feelings, thoughts, and interests.

We have all shown disrespect to family members. However, if disrespect becomes the norm family relationships die. So, if you find yourself becoming disrespectful:

- Rather than disgracing family members, encourage family members. Build up your family members. Make statements that will bring them joy. Honor them with your words.
- Stop using words like "always" and "never." Instead, deal with each situation as it arises. Focus on one thing at a time.
- Invest in your family. Rather than barking out orders and commands, work with your family to get things done. Make chores and household duties a family project. Involve everyone, especially yourself!
- Honor family members with your time and attention. Turn off the TV, take a break from the video game, and focus on your family members.
- Include everyone in the conversation. That means you have to listen. Look each person in the eye and listen. Get curious about each family member's feelings, thoughts, and desires...and consider those feelings, thoughts, and desires as you make plans.