

Respectme Rules

Respect-me R.U.L.E.S: Is Screaming and Yelling Verbal Abuse

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Definitions of Abuse are Lagging. Only recently has violence against women been universally condemned in our culture here in the United States.. The recognition of domestic verbal, mental, emotional, and sexual abuse issues has sadly lagged behind in the human rights arena. Attitudes and behaviors that are easily recognizable as unacceptable, immoral, humiliating, and even illegal out in ...

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Violence Danger Assessment Quiz

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12 Rules of Respect. Be aware of your nonverbal and extra-verbal cues. Develop curiosity about the perspective of others. Assume that everyone is smart about something. Become a better listener by shaking your “but”. Look for opportunities to connect with and support others. When you disagree, explain why.

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The Most Effective Way to Put an End to Verbal Abuse Ignoring the

content of what the verbal abuser is saying is very difficult--it is best NOT to try the Respect-Me Rules until you understand what you are doing and will be consistent. Ignore the content and call them out for their abuse--do not put up with it and it stops--honest!

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The exercises to master the

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