

Phase #2: Creating Respect

What is Respect?

Definition A:

"A feeling of deep admiration for someone or something, elicited by their abilities, qualities or achievements"

Questions:

1. "What abilities, qualities and achievements of my spouse do I deeply admire?"

2. "What abilities, qualities and achievements of myself do I deeply admire?"

Definition B:

"Due regard for the feelings, wishes or rights of others"

Question: "Do I TRULY respect ALL of the feelings , wishes and rights of my spouse, irrespective of how I feel about them?"

