

RESPECT YOURSELF

The Rules

1. Don't tell someone what to do with their body, take care of your body.
2. Don't tell someone else how to think, instead think for yourself.
3. End doing harmful things to our bodies such as drugs, alcohol or foods we know aren't good for us, and exercise or be active in some way that brings us the joy of the human body in addition to sexual intimacy.
4. Set clear boundaries with others. These aren't meant to create distance but to teach ourselves and others self-responsibility, self-love, self-care.
5. Stand up for ourselves when other's blatantly or maliciously disparage us or tell us what to do.
6. Learn about who we are and find work that we enjoy.
7. Spend time investing in a joyful activity that teaches us the feeling of limitless hours of self-soothing where time flies by.
8. Own our feelings; end the blame game that someone else can MAKE you feel anything good or bad.
9. Learn to operate the Mirror of Relationships with a friend in reflective dialogue.
10. Communicate without blame.
11. Respect your time and the time of others.
12. Take care of your belongings, or pets; maintain them.
13. Take responsibility for your financial needs.
14. Clean up after yourself and take care of your clothing, appearance, and body.
15. When provided with instructions from an elder or employer, follow through and ask questions if you don't understand.
16. Treat other's borrowed belongings better than you treat your own.
17. If you find yourself telling tales to other, realize you are merely lying to yourself and find out why.

Respect is Love