

Ways I feel respected by others

**Being asked to use your
talents**

**Probably no greater honour
can come to any man than
to have the respect of his
colleagues (Cary Grant)**

**Being helped without
having to ask**

When I'm appreciated

Being listened to

Opening car door for you

**Being given freedom and
choice**

**When my children ask
me for advice**

**Not being locked up -
having freedom to go out
in sunshine**

**When people don't
swear in front of you**

**Not being judged by
people**

**When people go out of
their way to do
something for you**

Not being overlooked

**When someone confides
in me**

Not being interrupted

**When someone tells me
that I have done a good
job**

**When a young person stands
up to give me a seat**

**Being given a seat on the
bus**