



TRUST & RESPECT

A WORKBOOK FOR FAMILY CONNECTION

GROWURPOTENTIAL.ORG



Trust and Safety

When we treat others with respect, we create a safe and trustworthy environment. Respect conveys to others that we value them and the connection we have with them. People are more likely to open up and share their thoughts and feelings when they feel respected, leading to deeper and more authentic connections.

Reciprocity

Respect is often reciprocated. When you show respect to others, they are more inclined to treat you with respect in return. Mutual respect is a powerful feedback loop that impacts trust and strengthens connections over time. Mutual respect often produces belonging and a sense of inclusion.

Validation of Interpersonal Value

Being treated with respect validates a person's sense of value to the relationship. When we respect others, we contribute to their self-esteem and confidence, which in turn enhances goodwill between parties and the desire to engage and connect with each other.

Positive Regard

Respectful communication is characterized by active listening, consideration, and thoughtfulness. This type of communication promotes healthy discussions, reduces misunderstandings, and encourages open dialogue, all of which contribute to better connections.

Sense of Belonging

Respect fosters a sense of belonging and inclusion. When individuals feel respected, they feel like they are an integral part of a group or relationship, which strengthens the connection.

THIS WORKBOOK IS A GUIDED SELF-REFLECTION

When we investigate our own ways of showing up for connection we can often improve our relationships. If any reflection causes suffering it is best to ask for support ~ Email us at info@growURpotential.org

Respect for Self

Guided Self-reflection
To Evolve On Purpose



Introducing Yourself

"Hi my name is [preferred name] and I use [pronouns] when I refer to myself in the 3rd person, appreciating that gift of respect from all of you. "

Fun Fact



"The fun fact about myself that I share with strangers is _____"

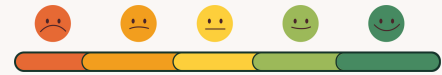


Request for Reframe

"I hear you saying that you don't understand, can you ask me additional questions so that understanding can be achieved? I would appreciate that effort."

Current Confidence

I can request a reframe from my close friends.



I can request a reframe during conflict or debate.

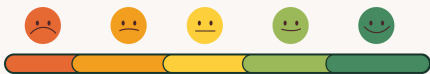


I can request a reframe from authority figures.



Setting Boundaries

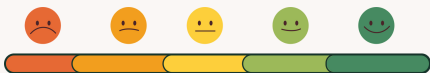
I can set boundaries that keep me safe.



I can maintain boundaries in the face of conflict.



I can express my boundaries without anger.



Expressing NEEDS

"I feel cared for when you _____."

"I feel acceptance when you _____."

"I feel connected when we _____."

"I feel appreciated when you _____."

Respect for Others

Guided Self-reflection To Evolve On Purpose



Expressing LOVE accurately requires deep consideration of what the other person would like to feel or experience.



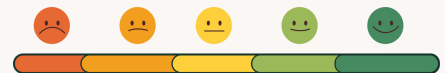
Being in tune with the NEEDS of another grows over time from curiosity, active listening, and a motivation to get the formula right. This motivation comes from respect for the person and can also be expressed as investing in the person or the relationship.



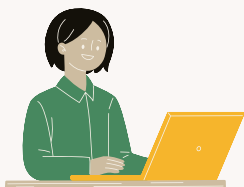
Validation is respect. When we share statements that validate another's action or choice we invest in mutual respect and we increase the power of our connection. "I appreciate your words, and the way you gave me space today, it makes me feel valued by you."



Affection is an expression of care and often contributes to a sense of mutual respect because we all need and deserve care and expect our caregivers to grant that care without resentment.



Respect in conflict resolution is a priority. To solve any problem that arises between you and ANOTHER PERSON oftentimes requires thoughtful self-expression and active listening.



Being empathetic and honest about hurt feelings will always pull on our respect muscles. Many find it helpful to put thoughts down on paper to help convey our feelings with care and clarity.



SOLUTION FINDING



Effective collaboration is an ongoing process that requires effort and commitment to see a solution as helpful or likely to produce the desired outcome. When we use reliable tools to see our plan all the way through we can find respectful solutions together.

Practice this template to explore one solution to any self-activation goal or chores.

Then compare your template with the template of a loved one.





CREATE JOY OPPORTUNITIES



COOK

Create a menu of delights that inspire you and a loved one then spend time shopping and cooking or baking this menu together!



VOLUNTEER

Explore current community needs or opportunities that you and a loved one share value about, and collectively give back!



ADVENTURE

Plan an outdoor activity like hiking, biking, or even just taking a walk in a park! Then invite loved ones to join you!

QUALITY TIME IS SUBJECTIVE

SEEK TO UNDERSTAND PRIORITIES AND PREFERENCES



DANCE

Inspiration is one dance party away for JOY seekers brave enough to let the wiggle happen!



ART

Making music, painting, poetry, or sculpting produce JOY for most bodies!



GAMES

Sports or board games promote JOY, healthy competition, and cooperation!

Collaboration



1 Name the Issue

Clearly outline the issue and desired outcomes to confirm everyone is working toward the same goal.

2 Brainstorm Solutions

Invest in SMART templates for solutions so that all parties can see the anticipated outcome and understand the plan.

3 Evaluate Solutions

Listen actively as each person gives pros and cons for all solutions delivered with a priority to truly understand perspectives.

4 Refine Solutions

"I would be willing to consider this solution if the timeline was more flexible, say a week instead of 2 days?"

5 Respect Value Differences

"I know we have diverse viewpoints about chores and I respect your approach, this solution feels fair."

Resolve Conflicts 6 Constructively

Conflicts are natural in any collaboration. Address them openly, focusing on finding solutions rather than assigning blame.

7 Reflect and Improve

After the collaboration is complete reflect on what worked well and what could be improved for future collaborations.

8 Express Gratitude

Show appreciation for these investments. A simple "thank you" goes a long way in maintaining positive relationships.

5 Human NEEDS

Guided Self-reflection To Connect On Purpose



closeness - devotion
goodwill - kindness
endearment
tenderness - attachment
concern - regard

approval - consent
cooperation - recognition
reinforcement
amplify - securing
expanding - received

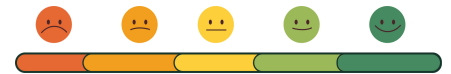
permit - surrender
endorse - advocate
acquiesce
acknowledge - thumbs-up
join - bless

consideration - discussion
thoughtfulness - deliberate
contemplation
engrossment - diligence
heedfulness - study

acknowledgment - gratitude
recognition - gratefulness
indebtedness
obligation - testimony
affirmation - support

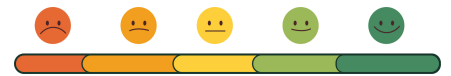
AFFECTION

I am effective at expressing my affection for others and getting the need met by others.



acceptance

I am effective at expressing acceptance and getting the need met by others.



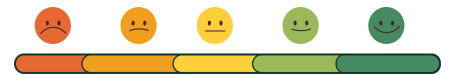
ALLOWING

I am effective at expressing allowance and getting the need met by others.



attention

I am effective at expressing myself about affection and getting the need met by others.



APPRECIATION

I am effective at expressing appreciation and getting the need met by others.



DON'T QUIT

You
are
enough

STAY
STRONG &
POWER ON

you
got
this!



THROW GLITTER

Praise plays a significant role in building and nurturing healthy relationships.

The power of praise lies in its ability to strengthen bonds, boost confidence in positive regard, and create a positive and supportive environment.

Name 4 ways you like to receive praise:

POWERFUL VALIDATION

Spotlights on a strength or accomplishments can have a profound impact on a person's self-esteem because it reinforces their sense of worth and ability to thrive on purpose.



ENCOURAGES POSITIVE BEHAVIOR

Reinforce actions that create positive connection in the moment and celebrate them each time they show up!



BUILD TRUST

Praise demonstrates that you value and respect a person. Throwing glitter is the foundation of affection and favor which makes the receiver more sure that efforts matter.



BALANCE CRITICISM

In any relationship constructive criticism is necessary and often weighed against how much praise is given.

