

## STAND. BEGIN. TRUST IS FREEDOM.

**R**espect—you know when you are giving it and you know when you are not—you know when you are getting it and you know when you are not. Respect is personal. You already have all the information you need.

### **RESPECT simply introduces YOU to yourself.**

- You can't say the word, "respect," and expect to get it.
- You can't just think about respect to get it.
- You can smell, taste, touch, hear and see respect but what you see is not always what you get.

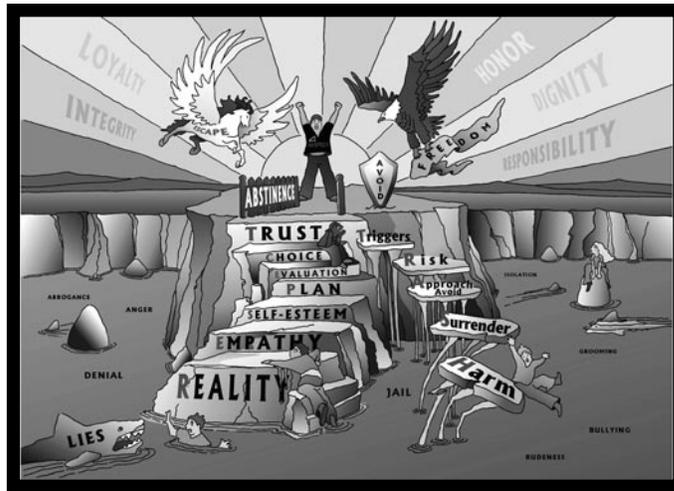
**Respect is an action** — something you **do** one moment at a time—every time. Respect is thinking **BEFORE** you act. Respect is always right **NOW** because now is all you've got—always.

You have to **GIVE** respect **away** to get it.

- ▶ **STAND** is the **action** you and your **RESPECT** community will choose, to make a **STAND** for yourself and each other every time we meet.
- ▶ **BEGIN** by giving respect to each other by **doing** the RESPECT Bow.
- ▶ **TRUST IS FREEDOM** is our goal and solution. At the beginning and end of each individual, group, family, and any other kind of session involving the RESPECT program you will be asked to **STAND. BEGIN.** And **DO** the **RESPECT** Bow. You can refuse to do the RESPECT Bow. Respect is always an action and something you **choose**.

## 7 Steps

This work is most often done within a group environment offering its members a community that understands and relates to the challenges, setbacks, and successes that each member makes.



*"Man does not simply exist, but always decides what his existence will be, what he will become in the next moment."*

- Viktor E. Frankl

### Reality - step 1

In this first step, all 7 steps are identified. The new member's offense is acknowledged using language that does not minimize, evade, or shift blame to their victim.

### Empathy - step 2

After owning the offense, this step enables the member to see themselves through their victim's eyes.

### Self-esteem - step 3

This step is a celebration of courage for successfully taking the first 2 steps. It is time to begin listing and building on the member's strengths that will be used to create a plan.

### Plan - step 4

In this step, the member identifies each step of his reoffense chain, T-R-A-S-H, then develops a written "escape and avoid" plan.

### Evaluation - step 5

The RESPECT group helps evaluate the plan as it is implemented into the member's respective community.

### Choice - step 6

On this step, the member uses everything they have learned about themselves, their offense and all its ramifications to clean up their past. From here on the members are held responsible for making good choices... There is no more negotiating.

### Trust - step 7

The member can now choose not to talk about their offense. The new focus is on sharing, which teaches the group where/why/how the skills are being used, and on building and keeping self-worth.

*Respect*

**EXERCISE #1**

**Where Do  
I Come From? ◀**

Date begun \_\_\_\_\_

**1** **WHERE do I come from?** \_\_\_\_\_  
\_\_\_\_\_

**2** **WHY am I here?** \_\_\_\_\_  
\_\_\_\_\_

**3** **WHAT do I want?** \_\_\_\_\_  
\_\_\_\_\_

**4** **WHY do I want it?** \_\_\_\_\_  
\_\_\_\_\_

**5** **HOW am I going to get it?** \_\_\_\_\_  
\_\_\_\_\_

**6** **WHO am I?** \_\_\_\_\_  
\_\_\_\_\_

Date finished \_\_\_\_\_