



Basic Tenets of a Be Direct With Respect® Philosophy

- **By standing up for our rights we show we respect ourselves and achieve respect from other people.**
- **By trying to govern our lives so as to never hurt anyone, we end up hurting ourselves and other people.**
- **Not letting others know how we feel, and what we think, is a form of selfishness.**
- **Sacrificing our rights results in training other people to mistreat us.**
- **If we don't tell other people how their behavior negatively affects us, we are denying them an opportunity to change their behavior.**
- **We can decide what is important to us; we do not have to suffer from the tyranny of the "should" and "should not."**
- **When we do what we think is right for us, we feel better about ourselves and have more authentic and satisfying relationships with others.**
- **We all have a natural right to courtesy and respect.**
- **We all have a right to express ourselves as long as we don't violate the rights of others.**
- **There is more to be gained from life by being free and able to stand up for ourselves, and from honoring the same rights of other people.**
- **When we use be direct with respect, everyone involved benefits.**