

Introduction

Good treatment is what everyone expects from others. In *Luke 6:31* Jesus says: “Do to others as you would have them do to you”.

Treat People With Respect



“Treat everyone with politeness and kindness, not because they are nice, but because you are.”

- Roy T Bennett,
The Light in the Heart

Learning to treat others how you want to be treated is a great way to create healthy relationships while working on yourself to be a better person. How often do you treat others in a disrespectful, aggressive, and toxic way? Maybe this is not something you do on purpose but, you might have been creating a spiral of negativity over the people around you... the results? More stress, more negativity, more fights, and misunderstandings... Let's learn how to change this, let's learn how to treat others how you want to be treated.

Treat others how you want to be treated

We have always heard the message: “Behave as you would like others to behave with you” or “Treat others how you would like to be treated”.

Finding the good in others is a wonderful way to stay positive and improve the quality of your life.

Observe two people arguing: when one of them raises her voice to impose herself, the other starts screaming louder to prevail and be heard.

Think of a leader who treats her collaborators with disinterest and harshness: they too will prove detached and secretly will vent and speak ill of her. There is this sort of echo effect in life and relationships that people lend to reciprocate how they feel treated. Be friendly and others will be friendly. Show yourself indifferent and others will be indifferent. Love generates more love, while hate generates more hate.

What does it mean to treat others well?

Treating others well does not mean giving them something material or filling them with gifts but helping them see the wealth that lies within them. Each of

us has the resources and the potential to achieve great things, but not all of us are capable of seeing them.

Sometimes, we need someone who acts as a “mirror” and who reveals the good in us. Stopping to see people on the surface because of the way they show themselves leaves an insignificant mark and, on the contrary, risks reinforcing their hurtful actions.

Focusing on the good in others, on the other hand, helps them realize it, become aware of it, and put it to good use in life and relationships.

You can experience it right away with those around you or when making new friends. Get curious about their life, explore what they do, and find what they are passionate about. People like to talk about themselves when they discover someone genuinely interested in them. They feel welcomed and are ready to welcome in turn.

Offer them a smile, which is a kind gesture. Give them compliments and encourage them to give their best. Speak well of them as if you were a “sponsor” who does good publicity for the qualities they possess.

When you feel there is a potential to celebrate someone big or small, go ahead and do it! How often have you felt the need to be supported by your friends or family to be more confident in your abilities? Offer this beautiful gesture to others to encourage them as they grow their gifts.

The only condition is that she does it genuinely: not to flatter others, nor to tell half-truths for good. When you don't think about something, people feel it and don't trust it and you won't feel satisfied, and they won't feel seen.

Why does treating a person well improve life?

Recognizing the qualities of others is equivalent to recognizing yourself. It is a training that leads you to constantly grow your ability to notice the potential you have inside. You will contribute to the joy of people who rediscover their worth and at the same time, you will realize yours and how privileged you are.

Also, when you treat others well, you elevate your mood. It has been observed that the body reacts positively to acts of kindness and is flooded with pleasant sensations and emotions. This state causes endorphins and other hormones responsible for increasing physical and psychological well-being to be produced.

Treating others well and guiding them towards new awareness modifies the expectations they have towards you. If you think about it, when we talk to people who are very important in their field, we recognize their authority even more if they are genuine and friendly. This is the secret: they treat close people well, who respond in line with the way they feel.

If you can see the essence and good of people, they will be grateful to you and see you differently. They will have a positive view of you which will improve your self-esteem, and consequently, your actions will be oriented towards achieving greater success.

So, the golden rule, “Treat others how you want to be treated” goes beyond simply being kind to people. **Think** about others the way you want to be thought of. **Feel** about others the way you would want others to feel about you. **Speak** to others the way you want to be spoken to.

If you treat those around you with human virtues — such as friendliness, respect, politeness, love, and loyalty which are then conducted with integrity — then don’t you think others with similar morals would begin to treat you the same way? It shouldn’t take a genius to realize that if people treated you similarly, your life would be more at peace. And it’s unlikely that others will build animosity towards you if you simply reciprocate their earnest actions and feelings back towards them.

Do unto others as you would have them do unto you”.

This seems obvious in some extreme cases: You don’t cause physical harm to someone and hope they’ll do the same. But what about something less obvious, like if the person crossed a certain boundary or indirectly caused you or someone else harm? The easy thing to do is to cross them back or brush them off, which we often see. But if the person in the wrong truly believes they are doing the right thing, then nothing will change, and their wrongful actions will continue. It might take extra effort but try to gain perspective, truly understand how that person feels, and then try to teach them the error of their ways. And always be open to seeing the other side as well. You’ll be amazed at what you can learn. This, I feel, is “to walk an extra mile”.

“Speak to and of others how you would like to be spoken to, and about”

Some of us speak very little to new or unfamiliar faces and don’t necessarily want people to do the same to us. We would rather listen and pick through their brain and thoughts. It would be worth applying this to another popular quote: “If you can’t say something nice, don’t say it.” Talk to someone about your life, not gossip about somebody else’s because you disapprove of them.

“Feel about others how you would have them feel about you”

We tend to hold on to negative feelings much easier than positive ones since negative actions seem to leave a bigger imprint in our minds. But holding onto these harsh and negative feelings will only make it much harder to trust and love people we encounter. So, let’s not do it.

“Think of others the way you would like to be thought of”.

The mentality must change and adapt for any of this to work. It would be best to think about the good in people instead of the bad. You must refrain from thinking, or speaking pityingly of someone, especially if you feel you are better off than them. Thinking of yourself as superior is not a beneficial way of thinking. It creates an illusion of happiness and success that may not accurately portray where your life is actually at. We tend to compare ourselves to others and allow that judgment to dictate how successful or happy we feel, which is not a healthy approach. Given or received, if you would like to help someone less fortunate, do it from love, and not pity.

Change doesn't occur in just a matter of a day; this is a mantra that should be applied daily. If you're someone looking to surround yourself with these kinds of people, you need to apply this quote for your personal benefit. You can't always rely on another person to reciprocate the same morals or values that you hold dear. If you're not making the effort, then you're setting yourself up for failure and sadness. The only factor you have 100% control over in this scenario is yourself. So, then every day, just focus on perfecting one virtue at a time. If done correctly, you'll start noticing the goodness in the people surrounding you and it'll be a new era for human relations.

Showing others respect, compassion, openness...

What is respect, and how does it relate to our relationship with others?

Respect is one of the most important ethical values for a satisfying life. The term respect is defined as the consideration, tact, and esteem that one has towards people, regardless of any kind of conditioning, such as race, color, sex, or religion.

Every person, for the simple fact of belonging to the human race, deserves consideration and respect.

There are certain basic premises for the practice of respect, as an essential pillar of life:

1. Practice empathy

Every person deserves to be treated with respect, honor, and dignity. It is vitally important to treat others as we want others to treat us.

I cannot demand what I do not deliver; and if my treatment of others is satirical, rude, disrespectful, and arrogant; from that same seed that I am sowing, that same fruit I will reap.

Here it is essential to understand others, feel empathy, try to put yourself in their perspective, and have compassion for what they might be experiencing.

2. Show special consideration for children, the elderly, and the underprivileged



We can recognize a person's character by the manner he/she treats children and the elderly. Once you and I were children; we liked to get into mischief. All children are the same, we must understand them and give them spaces for exploration and discovery.

Children are naive and deserve our special

attention. It is vital to respect the elderly for the wisdom they share. It is necessary to help the less favored because, not only are we the same on many levels, but it also positively affects our society.

Life is fleeting, so all the good advice, help, appreciation, and interest we show for our fellow humans must be offered without expecting anything in return.

3. Respect yourself

Respect for yourself is about speaking, dressing, and living with dignity. You are worthy and deserving of good treatment, esteem, and consideration by others. Treat yourself with respect and forge attitudes of value, self-esteem, and consideration for yourself.

Try to observe others for who they are, not for what they have. It is better to surround yourself with good people, who want the best for you than those who are secretly jealous of your achievements and projects.

Observe respect as an inalienable right of yours; and a duty to fulfill towards other people. Respect the opinions and ideas of others, even if you don't share them. Respect is an ethical value, which is closely related to another outstanding value, tolerance.

4. Act from your healed parts, not your wounded parts

Wounded people wound others. In other words, the people who are hurt, hurt others. When we act from our wounded parts, we can lash out and cause other

people pain. Instead of projecting our pain, let's try and point inward and tend to what needs transforming.

When others are projecting their pain onto us, setting compassionate boundaries while wishing them well helps both parties.

5. Do not judge others too quickly

Sometimes we make unsubstantiated statements and judgments about other people. We make unwarranted assumptions and look negatively at other people.

Just as we do not like to be judged without basis or evidence, we should not judge others negatively. To judge without foundation is a disrespect for the honor and integrity of others. It is more appropriate to think well of people, trust and make friends, leaving aside mistrust, cynicism, and lack of courtesy.

6. Establish respect

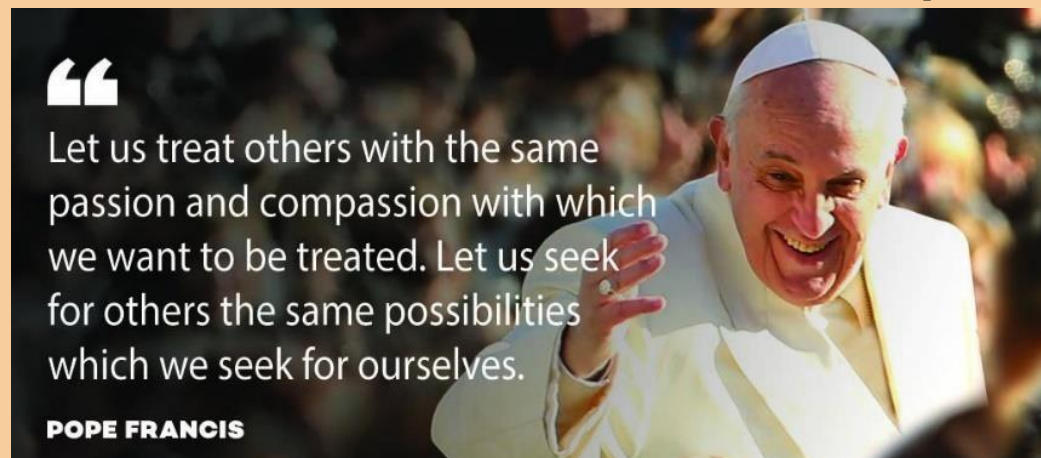
Some believe that acting with arrogance and rudeness is equivalent to exercising authority; however, this is not conducive to respectful relationships. Reciprocal respect in all relationships, including family members, is necessary. Speak without humiliating, offending, or mistreating. Address the facts, not the people.

7. Be helpful

Are you ignoring or passing by problems that might be able to help with? How are you making a difference in this world? What can you do to help make someone's day a bit brighter? They don't need to be big things, although they are amazing. A lot of little contributions can add up to a life of purpose.

8. Let go of control

We have all tried to control others and situations at some point, it's natural.



We simply cannot control others, and our attempts to do so will create chasms from connection and respect.

Give others the trust and respect to make their own choices and learn on their own what works for them.

Biblical references

Mt 7: 12 “So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets”.

1 Cor 1: 10 “I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought”.

Mt 5: 43 “You have heard that it was said, ‘Love your neighbor and hate your enemy”.

Eph 4:29 “Do not let any unwholesome talk come out of your mouths, but only what helps build others up according to their needs, that it may benefit those who listen”.

1 Cor 13:4 “Love is patient, love is kind. It does not envy, it does not boast, it is not proud”.

Phil 2:3 “Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves”.

Conclusion

Treating others well and just as you want to be treated is a life-changing approach that can help you seek good in people while spreading positivity all



around. At the same time, you will find the qualities and talents that reside within you, and you will feel good physically and emotionally. How beautiful is that? Give it a try and you won't regret it!

If you want to know how others treat you, the best starting place is to look at how you treat others.

And, if you don't like the way you're treated,

there's only one course of action--to change your behavior, because you can't change anyone else's.

Relationships function like a mirror--eventually, that change will reflect onto how you are treated.

Thoughts for reflection

- 1. Do I judge others based on their past or do I stand by them and help them build their future?*
- 2. Do I try to make myself great by making someone else look small?*
- 3. Do I appreciate those who have supported me, forgive those who have hurt me, and help those who need me?*
- 4. Why is it important to treat people kindly?*

