

Communication that flows:

- The ability to share, validate, and handle feelings
- Expressing affection
- Talking about what's going on - inviting the other person into your world
- Talking about anger rather than acting it out
- Not expecting the other person to read your mind
- Giving feedback, asking for feedback
- Learning new ways to communicate

Lack of respect is evidenced in:

- Too much "should", "ought to", "must"
- Being willing to be trampled on
- Being a dictator
- Manipulating: getting somebody to feel, think, act a certain way by engineering his/her perceptions
- Not giving someone the space needed by:
  - Interrupting constantly
  - Not taking someone seriously (dismissed, put down)
  - Not treating someone with common courtesy
- Reminder: there are varying degrees of disrespect
  - brutality
  - abuse
  - verbal insult
  - look of disdain
  - inappropriate harshness
  - slight neglect
  - oversight