

## Subtle Signs Of Disrespect

Today's podcast is about subtle signs of disrespect.

There are many ways a person can be disrespectful. Many of those ways are obvious, such as telling another person they're stupid. Not all disrespectful ways are so noticeable however. They are much more subtle, & sadly they happen all the time. Everyone needs to be aware of them, & that's the topic of today's podcast.

**Disrespectful people are selfish.** They may or may not be a narcissist, but even if they aren't, they are selfish. They think more of themselves, what they want, think, feel, & need to the point they don't have a lot of room left in their minds for thinking of other people.

**A disrespectful person is inconsiderate of others in many ways, but in particular towards those that are romantically involved with them.** If they have a decision to make that affects both parties, they don't consider how their decision will affect their partner. They make their decision based on evidence that affects them only. They also do what they want without consideration of how their actions & behaviors affect the other person in a relationship with them. They make plans to do things without their partner without seeing if their partner already had plans or would like to come along. They change jobs that are far away or have different hours without asking their partner what they think of this arrangement. They may even move a distance away without discussing it with their significant other first.

**Disrespectful people do things that upset other people even when they know their behavior will upset them.** It's usually not that they deliberately do things to upset other people. It's that they simply don't think about how their behavior affects others. Or, if they do think of that, they don't understand why this particular behavior is upsetting to someone. If they don't fully understand why this behavior is upsetting to someone, the chances of them repeating the behavior is excellent. As an example, if someone knows that you are very upset about lateness, yet they continually are late when they meet up with you, that is clearly disrespectful behavior.

**A disrespectful person can be controlling.** Let's say you're a woman on your first date or one of your first dates with a man. You go out to dinner together. If he places your order for you, without asking what you want, that may seem harmless but it's a subtle sign of control. Or, if you place your order & he tells the waiter you don't want that, you want something else instead, that's another sign of a controlling person. Other signs can be criticizing people you love or things that are important to you such as your job.

**Disrespectful people have no respect for the time of others.** If you tell someone you're on the phone with or visiting that you must go, & they act as if you said nothing, that is disrespectful.

While everyone behaves disrespectfully periodically, it should be unintentional & it shouldn't be anyone's normal behavior. If someone you know acts this way frequently, they are being very disrespectful & you don't deserve this kind of treatment!

You are well within your rights to speak to this person about their behavior. Hopefully this person isn't a narcissist, & they will be open to correction. If you speak to them & they deny doing anything wrong or blame their behavior on you somehow, then chances are good you're dealing with a narcissist. Confronting narcissists, no matter how calmly or respectfully, rarely ends well for the person doing the confronting. Pray often, learn all you can about Narcissistic Personality Disorder & figure out how best to handle this relationship.

Thank you for listening to my podcast!