
FOUNDATION REPAIR

The Respect Reset

Rebuilding mutual respect when contempt has crept into your relationship.

Boundary Agreement Resource Library

Dr. Hines Inc. | boundaryagreement.com

This guide is a coaching resource, not therapy or counseling.

Respect Erodes Slowly

Nobody wakes up one morning and decides to stop respecting their partner. It erodes. A dismissive comment here. An eye roll there. Speaking about them negatively to friends. Making decisions without consulting them. Over time, the person you chose to build a life with becomes someone you talk down to, talk around, or talk about.

Contempt is the number one predictor of divorce. And contempt is just disrespect that has been left unchecked.

How you talk to them.

Would you speak to a coworker the way you speak to your partner? If the answer is no, something is broken.

How you talk about them.

Do your friends hear complaints about your partner more than compliments? What picture are you painting for the people in your life?

How you make decisions.

Do you consult your partner or inform them after the fact? 'I decided' versus 'What do you think?' reveals how much respect is present.

How you handle disagreement.

Do you dismiss their perspective? Interrupt them? Assume you know better? Respect means their opinion carries equal weight even when you disagree.

How you respond to their success.

Are you genuinely happy when they win? Or threatened? A secure partnership celebrates both people's growth.

EXERCISE: The Respect Audit

Grade yourself honestly. 1 = needs serious work. 5 = strong.

How I speak to my partner in private: ____ / 5

How I speak about my partner to others: ____ / 5

How often I consult them before decisions: ____ / 5

How I respond when they disagree with me: ____ / 5

How I respond to their accomplishments: ____ / 5

Total: ____ / 25

What is my weakest area? What will I do about it this week?
