

## Why am I disrespectful?

The motivation behind my disrespectful attitude toward my parents is often:

- To divert their attention (to keep from having to do what my parents ask of me)
- To get even (to vindictively pay them back for not giving me what I want)
- To protest (to teach them that “they can’t treat me that way”)
- To be myself (to help them to see that this is just the way I am and I’m not going to change the way I talk for anyone)
- To manipulate them (to evoke a sinful response from them so that they will feel guilty and give me what I want)
- To register a complaint (to express my disapproval for what they have done or said)
- To test the limits (to see how far I can push my parents before they tell me to stop)
- To see who’s in control (to discover the extent to which I can manage my parents)
  - To justify my contempt (to establish the fact that I have good reason to not respect them)
  - Other: \_\_\_\_\_
- No real ulterior motive—it’s just the way I have learned to communicate with them.

## Why should I honor my parents?

- The promise of a better quality of life (cf. Ephesians 6:2)
- The promise of a lengthier life (cf. Ephesians 6:3)
- To repay your parents for all they have done for you
- To build more humility into your life (and so access more of God's grace)
- To build more love (the antidote to selfishness) into your life
- To be an example of Christ to others (especially your siblings)
- To prepare for marriage (husbands and wives are both commanded to show respect to their spouses; cf. 1 Peter 3: 2,7)
- To be a more gracious person in general (cf. Ephesians 4:29; Colossians 4:6)
- To obtain more rewards in heaven (cf. 1 Timothy 4:8)

## How am I disrespectful to my parents?

- By refusing to talk to them
- By rolling my eyes at them
- By raising my voice at them
- By calling them names
- By telling them “no”
- By threatening them
- By looking at them angrily
- By withholding affection
- By scoffing
- By willfully disobeying them
- By cursing them
- By being rude and unmannerly
- By refusing to be corrected
- By interrupting them when they are speaking
- By not being attentive to them when they are speaking to me
- By walking away when they are speaking to me
- By murmuring and complaining against them
- By comparing them unfavorably to the parents of my friends
- By having a condescending attitude
- By contradicting them in front of others
- By making them out to be ridiculous or contemptible
- By talking back
- By using biting sarcasm
- By using profanity
- By embarrassing them publicly
- By not following their instructions
- By slandering them to my friends
- By putting them down
- By ridiculing them
- By being ungrateful
- By being “wise in my own eyes”

## Specific ways I can show respect to my parents:

Using the following rating scale, identify the specific new ways you may begin to demonstrate respect to your parents in order of ease (and comfortableness) to difficulty (and uncomfortableness).

5 Easy      4 Comfortable      3 Not Easy      2 Uncomfortable      1 Difficult

- |  |   |
|--|---|
| <input type="checkbox"/> By being attentive to them  | <input type="checkbox"/> By being affectionate to them            |
| <input type="checkbox"/> By expressing gratitude   | <input type="checkbox"/> By commending them to my friends         |
| <input type="checkbox"/> By obeying their instructions   | <input type="checkbox"/> By responding with “yes Sir,” “no Ma’am” |
| <input type="checkbox"/> By smiling at them  | <input type="checkbox"/> By asking for their opinion              |
| <input type="checkbox"/> By using terms of endearment  | <input type="checkbox"/> By following their instructions          |
| <input type="checkbox"/> By using good manners   | <input type="checkbox"/> By seeking to spend time with them       |
| <input type="checkbox"/> By praying for them   | <input type="checkbox"/> By honoring them publicly                |
| <input type="checkbox"/> By quickly admitting when I am wrong                                  |   |
| <input type="checkbox"/> By buying them (or making them) an unexpected gift of appreciation    |   |
| <input type="checkbox"/> By offering to help them with their chores                            |   |
| <input type="checkbox"/> By telephoning them if I am going to be home later than expected      |   |
| <input type="checkbox"/> By speaking to them in a warm and pleasant tone of voice              |   |
| <input type="checkbox"/> By carefully choosing gracious words                                  |   |
| <input type="checkbox"/> By holding my tongue when I am too angry to speak graciously          |   |
| <input type="checkbox"/> By cheerfully accepting a “no” answer from them to one of my requests |   |
| <input type="checkbox"/> By looking directly at them when they are speaking to me              |   |