

# The Respect Test



## Before you do something, think about:

1. Is it likely to make the other person feel *safe* or *scared*?
2. Does it make you more like the partner and father you want to be, or *less*?
3. If it were filmed and played on YouTube, how would it make you look?


### Alternatively ask yourself:

Is what I'm about to do or say going to move me toward being the best person I can be or away from the best person I can be?

Think about what you identified as your most important values

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