

Golden Rule

All this month I have been traveling to the different Vo-Tech centers and providing a presentation on bullying to the consumers. In the process of doing so, on more than more than one occasion, the “Golden Rule” came up. I think this again is definitely something that we can utilize both on the clock and off. We all know it, but let’s refresh ourselves on what the Golden Rule is and dig into to it just a little bit.

**“Do unto others as you would have them do unto you.” or
“Treat others the way that you want to be treated.”**



**“Do unto others as they have done to you”
or
“Treat others the way that you have been treated.”**

Pretty straight forward and direct statements. If my expectation is to be treated with kindness, dignity and respect, then that is how I should treat those around me. Looking just a little deeper, there is actually more to it than that. We treat others with that same kindness, dignity and respect because we know it is the “Right” thing to do, without necessarily having the expectation that it will be reciprocated. That being said, unfortunately in most cases we do exactly the opposite of the Golden Rule –

Thus we live our lives reacting to the behaviors of everyone else and never truly take responsibility for our own behavior. Living by the Golden Rule on the other hand is proactive and does demonstrate accountability for one’s own behavior. Reminds me of another phrase related our behavior in relationship to that of others, “Two wrongs don’t make a right.” While there is a temporary feeling of release and “victory” when we repay an offense, I am sure that we can all agree this feeling is often short lived and most of the time is later replaced by feelings of regret.



KINDNESS

ALL

With all that said, how does this apply when I am work? It applies in every interaction and relationship that you have with any other individual, consumer, consumer’s family, co-workers, or members of the community.

We all have one, two or more consumers that we just have a hard time dealing with because of their negative and at times problematic behaviors. We often find ourselves frustrated and upset due to these behaviors and as a result we interact in a harsh manner with them. Then we are surprised when we get more attitude and an uncooperative response. However, if we practice the Golden Rule and treat them as we would want to be treated with kindness, dignity and respect (which is how they want to be treated as well) we will get a more cooperative and positive outcome. It is unlikely that we will see a significant change immediately, but if we continue to set the example by practicing the Golden Rule in our interactions with the consumers and one another, the change will be seen. What about the consumer that is always “trouble” and doesn’t seem to respond to ANYTHING? Be patient and persistent, when they know you care and are there for them despite their behaviors, they WILL respond, just keep at it.

The same concepts hold true in our relationships with co-workers, family, friends, and even those we interact with, but with whom we have no relationship. Why is this true? In all honesty, being treated with dignity, respect and kindness in ones interactions with others is a universal desire. Be honest, when interact with someone and they treat you in such a manner, you actually find it quite refreshing. Should we not expect a similar outcome when treat others in this same way? As we continue to practice this in all our relationships, it becomes more and more natural not just for us individually, but everyone. We can literally change the atmosphere in time and make all our relationships more enjoyable and productive.

I must add one final point that is crucial to the above being possible. When we are offended, whether it is intentional or not, we must let go of the offense and move on. I can promise one thing as long as you walk around with pack full of hurts and offenses on your back, you will never truly be free to truly walk in the Golden Rule with that individual for sure and very unlikely with anyone else.



1 + 1 + KINDNESS = ANYTHING