

EC PSYCHOLOGY AND PSYCHIATRY Guest Editorial

Respect Spreads and Floods Everything Around Us!

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It is expressed in very simple conditions but also in very demanding conditions.

I would say that it is like that small seed that we carefully plant in the soil and gradually it grows into a stem where from there a wonderful flower is created.

Respect spreads and floods everything and is expressed through simple things like a thank you, but also through disagreements.

It is in disagreement that respect holds the baton and rejects any notion of insolence and rudeness.

Sure, maybe it's easier to show your respect when everything around is flowing smoothly.

But what happens when disagreement and conflict arise?

This is the moment where you will either nurture your plant to bear fruit or you will suddenly stomp it and it will never bloom.

We tend to be pleasant and polite in the beautiful, in those where nothing upsets us, in those where you do and nothing opposes us.

What happens if someone disagrees or has their own opinion?

It is important in the disagreement that respect emerges and not words of depreciation, reduction in order to equalize ourselves and to "tamp down" the one who carries hermetically with other ideas and thoughts.

Respect spreads and floods everything around us. Everyday all the time. Except that in the simple everyday and in what there are no signs of disagreement everything flows smoothly.

The magic is to project your respect to those in which you are in dialogue with someone with different ideas.

In the way you will stand before them and in the way you will disagree.

And anyway, if you don't agree, just accept it. Man, you don't need everyone to agree with you.

Don't agree with everyone.

But the way you will stand against the disagreement reflects the way in which you have taken care and take care of that seed that you once wanted to sow and bloom.

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And alas if we all agreed,

Alas if we all carried the same books in our knapsacks,

Alas if we all enjoyed the same foods and the same flavors in ice cream.

Also, don't forget that when you go to a house as a guest and they serve you with care and love the plate of cooked food that someone happily stayed to cook,

thank you, though

and in case you don't like it,

You will thank with respect and let's be honest if he wanted a little more salt or it was too salty, you will express it with respect by appreciating the chef's effort.

The respect it spreads and it floods the everything and she is the value of and the importance of.

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