

Respect [Respeito]

Texto e áudio – Nível de dificuldade médio/alto.

Vamos praticar?

Aqui você encontra um texto para praticar leitura e listening.

Abaixo do texto há um link do site Acapelabox para você praticar seu listening.

Self-respect

Self-respect is fundamental for a great life. If we lack self-respect we will be insecure and strive to be someone we are not. To develop self-respect means to cultivate the self-confidence to deal with whatever life throws at us. The following are some ways we can improve our self-respect. Remember, self-respect comes from an inner belief and not an egoistic feeling of superiority.

Be true to yourself: There is great social pressure from parents, work and society to become a certain person and to achieve certain things. It is a pressure hard to detach from. But, a real self-respect only comes from being true to our inner calling. It is important you have faith in your own values and remember what is important to you. Just because other people think you should behave in a certain way, doesn't mean they are right. Everyone needs to follow their own path. Even if others don't respect your decision it is important that you do.

Learn to handle criticism: We are sensitive beings. Nobody likes criticism and when we are criticized, either directly or indirectly, we feel bad about ourselves. Don't take criticism personally. Look at it from a detached perspective. Maybe it is false, in this case we should ignore it. If there is some truth, we can use it to develop our character. However, it is important not to take criticism too personally. Just because we are not very good at a particular task, doesn't mean we need to lose our self-respect.

Look after your appearance, without being a slave to fashion: Our appearance is important. It can give us confidence or it can make us feel awkward. Take care of our appearance; dressing smart for the right occasion gives us self-confidence. At the same time, we don't want to be the slave of fashion trends. Dress for your own benefit; don't dress in the expectation of pleasing others and receiving compliments.

Respect others: If you have no respect for others, how can you have self-respect? Self-respect means we have an inner confidence, but this is not a confidence built on superiority. It is the wrong approach to try and feel better by putting others down. If we look for the good qualities in other people, it is easier to remember the good qualities in ourselves.

Never hate yourself: We make mistakes. We may do the wrong thing; but we should never put ourselves down unnecessarily. If we are not careful we start bitterly regretting things

and even disliking ourselves. Listen to your conscience, but, don't be too hard on yourself and avoid guilt feelings.

Adapted from: <http://www.pickthebrain.com/blog/self-respect/>

ÁUDIO: Copie o texto acima, cole na janela do Acapelabox que abrirá ao [clique aqui](#) e dê play para ouvir.