



Your Reputation

By Dr. Linda Hancock

ABOUT THE AUTHOR

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Published

August 22nd, 2019

Have you ever wondered what another person did to earn the respect of others? Building a good reputation is one thing but keeping it is another. I once heard a lawyer state "You can spend a whole lifetime building a reputation and then lose it in one minute".

Following are some of the habits that will reward you over time:

1. Tell the truth - Liars cannot be trusted. They spin tales that they think will serve them but, it doesn't take long until they are "found out". Telling the truth is not only easier than lying because you don't have to try to remember what you have said, but they also build trust with others who know that they can depend on you when it comes to honesty.
2. Have good boundaries - Know clearly what you will do and what you won't do. When you are working harder than other people's problems, you might be working too hard. When you are neglecting your own self-care needs, it is only a matter of time until your health will suffer, or you will burn out. Good boundaries protect you!
3. Do what you say you will do - False promises led to disappointments. Other people will be let down and you will think poorly of yourself, especially if this is a pattern in your life. The best thing to do is to never make a promise or statement that you cannot carry out.
4. Be consistent - Small actions done repeatedly form good habits. Most times your family and close friends can predict what you are going to do in certain circumstances. Can they depend on you to consistently make good choices or are they expecting you act in a random manner?
5. Learn to apologize - No matter how good our intentions might be, we all make mistakes. Sometimes other people are hurt, and we didn't even realize that until they tell us about it. You cannot take responsibility for everything that goes wrong in a person's life but can always say "I am sorry for the part that I played in this circumstances that resulted in you being hurt". If the other person is not willing to forgive you, you can rest knowing that at least you did what you needed to do.
6. Think positively - No one likes to be a with a "Debbie downer". Always looking at life from a position of negatively and talking about doom and gloom will alienate people. Keep it up and it won't be long until you find yourself alone! On the other hand, positivity acts like a magnet and draws people towards you. I believe that we are all like glasses of water who splash on others. If we are filled with emotional toxins, we burn others but if we are filled with clear, clean thoughts and splash on others they will respond with "that was refreshing".

Reputation is important for others who might use you as an example for healthy living. It is also important, however, for self-respect.

What are you doing to develop healthy habits and build a good reputation this week? Can you commit to doing these things faithfully over time?