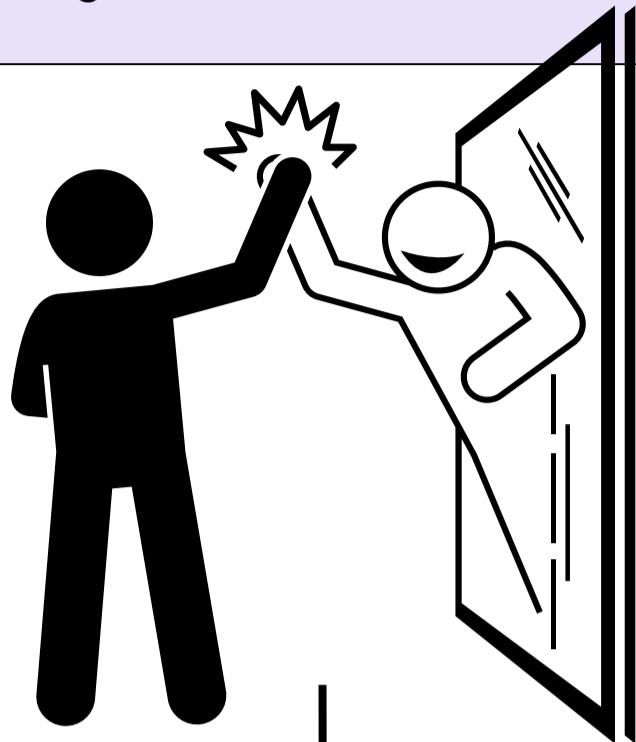


# Two Main Elements of Self-Respect

as presented by Michele M. Moody-Adams



#1

- Involves the conviction to develop and use talents and abilities to contribute to survival of self.
  - failing to do so fails to affirm self-respect.
- A person has self-respect only when the value they place on their survival is sufficient to make them willing to contribute to it.

#2

- Involves a willingness to do whatever is within one's power to enhance or develop unique abilities and talents.
- The willingness to develop ones talents and abilities initially emerges when these abilities have been adequately developed.

**“A complication may arise when a person is constantly thwarted in their efforts to develop or exercise their talents and abilities, often leading to believing that one’s misfortune and unhappiness actually result from the use of their talents and abilities.”**