

Team Player Fundamentals Online Training

Four Categories of Disrespect and Examples of Disrespectful Behaviours

Negative Attitudes <i>Negative characteristic(s) or mindsets towards someone or something, and/or a negative way of saying and doing things.</i>	Disregard <i>Placing little importance on someone or something. Paying little or no attention.</i>
<ul style="list-style-type: none"> • Not letting go of the past. • Not forgiving. • Not apologizing. • Not recognizing someone’s accomplishments. • Being a downer with someone else’s success. • Not thanking someone. • Being suspicious. • Being a victim, ‘poor me’. • Not helping to solve a problem. Thinking that it’s everyone else that needs to improve. • Not taking responsibility for personal choices and what’s within each individual’s control. • Whining. Constantly complaining. • Looking to get even. • Using profanity. • Unbalanced focus on the negative and worst case scenario. Overly dramatic. • Overgeneralization of mistakes and challenges. • Making excuses. Justifying mistakes or negative behaviours. • Giving-up, maybe based on past experiences. • Viewing higher positions and authority as the ‘enemy’. • Thinking the worst and that others have bad intentions. • A ‘who cares’ mentality. ‘Not my job, not my problem.’ 	<ul style="list-style-type: none"> • About me winning, not everyone winning. Winning at all costs. • Always competing with others. More ‘I’ versus ‘We’. • Not working as hard or giving best efforts for others. • Not sharing resources. • Withholding information. • Being unprepared. • Late, not showing up on time. • Neglecting to make a decision. • Failing to follow through. • Forming subgroups, and excluding others. • Interrupting. • Pushing own agenda. • Taking credit for the accomplishments of others. • Doing someone else’s job/responsibilities. • Not respecting personal privacy. • Crossing personal and/or professional boundaries. • Talking behind someone’s back. • Spreading rumours. • Gossiping. • Being impolite. Rude. • Ignoring someone. • Defensiveness. • Glossing over problems.
Closed-Mindedness <i>Having or showing rigid opinions and/or a narrow outlook. Unreceptive. Resistant.</i>	Antagonism <i>Active opposition that can provoke and upset someone.</i>
<ul style="list-style-type: none"> • Having an ‘I am right’ and/or ‘you are wrong’ mentality. • Dismissive. • Not listening. • Rejecting ideas and beliefs without consideration. • Over controlling. • Not validating someone’s feelings or thoughts. • Minimizing someone’s emotions. • Playing favourites. • Excusing oneself, by saying “That’s just me.” • Prejudice. • Resistance to change. • Talking too much. • Judging someone. Labelling someone. • Not open to trying new ways. Stuck in “This is the way that we always do things.” • Overpowering. 	<ul style="list-style-type: none"> • Raising voice. Yelling. Shouting. • Trying to make someone feel guilty. • Silent treatment. • Avoiding. • Hiding conflict. • Whispering. • Passive aggressive. • Bragging. • Undermining. • Joking and making fun of someone. Teasing. • Devaluing. Insulting. Belittling. Criticizing. • Correcting people all the time. • Sarcasm. • Deflecting. Finger pointing. Blaming others. Passing the buck. “It’s all their fault.” Scapegoating. • Pointing out someone else’s flaws and failures.