



# Perceived Disrespect

# Does perceived DISRESPECT justify a physical response?

Many answer this quickly, but it deserves more profound thought. Let's have a talk.

Reacting physically to disrespect (whether or not it was intentional) shows a struggle with self-control and clouds your ability to efficiently fight if it does devolve into a physical problem (hopefully that was beyond your control).



It is also a blight on civil society, casting a shadow on good order or discipline. It erodes the public trust between strangers. Trust that is required for positive economical growth. The topic goes far beyond “self-defense” and we should do everything to encourage composure/ consideration in ourselves and the people within our sphere.



## Understanding the problem: First the bigger picture

Before higher-order thinking, organized comfort, or abundance was common, **hyper-aggressive-territorial** behavior was key to survival.

**A quickness to rage!** The animalistic brain was a necessity when goods were scarce, land was easily taken, and judicial review was a hard-to-spell word. Violent reaction to any slight (**perceived or actual**) might have been the difference between keeping your slice of the pie or losing it all.

As the world developed and without noting any specificity to keep it simple, organized communities expanded, production ramped-up, abundance became the norm.

### **For example, even our poors are fat in the US!**

A general sense of trust grew exponentially between strangers. A belief that interaction will be governed by a common set of values or at least a set of laws. And those laws would be fairly enforced (mostly, I know, trust me, I know).

The **hyper-aggressive-territorial** character trait that once ensured survival completely erodes the framework of a civil society. If YOU think it is OK to fly off the handle at the slightest inconvenience you don't belong in a civil society and you **should not** be armed in public.





## No composure, low-order thinking, and lack of self-control

Yelling or lashing out—undermines your credibility. Boisterously screeching at people is a display of **ignorance** and **impulsiveness**.

Two qualities that can loosely be referred to as low-order thinking. When paired with physical force it can and often does quickly lead to lasting tragic **consequence**



The low-order thinker can't evaluate the potential consequence of their actions. They do not rely on logic.

They rely on emotion and are governed by EGO. It makes them dangerous to themselves and to everyone else.



**It's easy to slip from calm to chaos; I have done it many times.**

Pulling back from the big picture, allowing the ego to win severely impacts our decision-making ability. Calm composure allows an appropriate measured response. Why does that matter? The longer the duration of an incident, the higher the likelihood it ends badly. A proper, focused, accurate, precise, and measured response can efficiently stop an incident. It allows you to initiate a justified response that you can defend in the aftermath. You account for the often overlooked, “what happens next?”

**Hopefully, letting go of the ego, a drop of humility, and understanding consequence can keep it from getting sh\*tty.**

Next time, pause, breathe, and choose a response that honestly weighs the potential second and third-order effects.

