

# FAST

## Maintaining Your Self Respect

### **F- Fair:**

- Be fair to yourself and the other person.
- Balance your wants with the wants of the other person.
- Your emotions and needs are just as valid as the other person's.
- It is not only important to be kind to others; we must be kind and considerate to ourselves as well.

### **A- Apologies:**

- Do not apologize for making a request. Don't apologize for your opinions.
- It is important to apologize when an apology is needed, but do not over-apologize.
- Over-apologizing can make it seem like we have done something very wrong.

### **S- Stick to Your Values:**

- Stick to your values even if they are different than your friends' values.
- Don't give up on your values to fit in with others.

### **T- Be Truthful:**

- Be honest with yourself and others.
- Don't lie.
- Don't make up excuses.

