

## USING THIS WORKBOOK

### Publisher's Note

If you have read Tom Keating's introduction to this workbook, you will have grasped that the RESPECT process is not a linear, sequenced, set of steps. Rather, it is a worldview and life perspective that impacts at emotional, cognitive and "spiritual" levels, albeit the latter is my view, not Tom's. RESPECT can be profound, if understood at its most fundamental level, the underpinning of all martial arts tradition. While it is helpful for a professional using this approach to grasp this tradition and approach, it is not essential. There is also a very practical "how to" component to RESPECT. However lofty the principles and goals may be, no one learns the martial arts without practice, practice and more practice. It is actually only through such hard work that the richness of meaning inherent in the philosophy can be internalized and understood on more than a superficial cognitive level.

To help you do such work with your clients, the worksheets correspond to those identified in the clinician's manual and are best used in conjunction with that manual. Even more ideal for those professionals interested in using RESPECT would be to take a training workshop with Tom when you have the opportunity. Use these worksheets as helpful guidelines for the sequence of steps leading a client to RESPECT himself and others. Modify them as you see fit to meet the varied language and cognitive abilities of your clients.

All of us struggle with how best to alter the internalized sequence of feeling, thought and action that have led our youthful clients to sexually abuse. Over the years, alteration of this sequence, given the wide range of diagnostic variables, requires a toolkit that goes beyond work on cognitive distortions to challenge the fundamentals of what it means to be a human being. We need to offer a "life path" that, once internalized, can carry a youth through the myriad of difficult decision points in his/her life. RESPECT offers us such a roadmap and this workbook, in the capable hands of a therapist/practitioner can serve as a strong learning tool towards that internalized goal.

Given the challenge, a RESPECT bow to you and your work is more than in order, and I hope this workbook and manual will help you move towards your goal of preventing further sexual abuse.

Steven Bengis  
Publisher  
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## RESPECT

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## Introduction

### Natural Law and True North

Tracy Johnston is a woman who climbs mountains. Tracy says, "Part of the urge to explore is a desire to become lost." I have hiked many wilderness places including the inner-city streets of my mind and have become lost. I have always taken a compass with me into these lost places whether in my jeans or in my heart and on my compass is a place called *True North*. If you know where North is you know where South is. Knowing where North *and* South are you know where East and West are and can find your way home. Respect (the word) is a True North principle—you know when you're getting it and you know when you are not; you know when you're giving it and you know when you are not. **R-E-S-P-E-C-T** (the program) is grounded in *natural* law and on this principle—True North. **RESPECT** simply introduces you to yourself and your own True North.

### House

Between the ages of 9-12 my father had his own construction company and I would run around construction sites as a go-for and get tools for carpenters and other workers. Everything begins with a hole in the ground; a foundation is put down with four cornerstones; a floor is built on this foundation; a framework is constructed for the walls and rooms; a roof creates and completes the house. A house is only a box with rooms until people move in. When you see the black Labrador retriever playing with the kids and 2 cats in the yard you know your house has become a home.

The people and families who come into the **RESPECT** program are usually lost in the confusion and pain of their offenses. Many have GPS systems on their ankles, jail sentences, guilt and shame and lost like the wasteland of a construction site. QUICKSAND is your beginning, the stuck place, the hole in the ground. **RESPECT** has four cornerstone principles: **1.** Multi-sensory and brain-based principles, **2.** Repetition, Repetition and martial art balance (**RESPECT Bow**). **3.** Self-worth. **4.** Trust is our solution. This is your foundation. The floor of your house is your truth: **R**eality and **E**mpathy. The frame and walls are: **S**elf-worth, **P**lan, **E**valuation and **C**hoice. Your roof is **T**rust. Now you have a house. When Integrity, Loyalty, Honor, Dignity, Responsibility and 2 of your own values move into your house you now have a home. When you have completed

**RESPECT**, wherever you go you will be home because home is now on the inside of you and **RESPECT** is who you are.

### Tool Box

**Clinician and Parent Manual:** You cannot build a house with only a hammer; you will need a saw, other tools, and a crew. You cannot complete the **RESPECT** program using only the **RESPECT** Workbook. The **RESPECT** Manual and the Workbook were written to be used together e.g., Manual, Workbook, Parent, Clinician, your **RESPECT** group and **YOU**. **RESPECT** is an interactive process. The **RESPECT** Manual helps you understand why and how to use the questions as tools in the **RESPECT** Workbook to build the house inside of you to **T**rust and freedom.

**Adolescent Workbook:** is the work most people/kids don't want to do. **RESPECT** is ACTION. Use the tools to **DO** work—learn-commit-DO.

Mathew-7/13/10 on Step 5, Evaluation and the 28 Day Challenge:

“I felt miserable this morning, worthless, and incapable of getting over this hump. I gave myself the RESPECT Bow in front of a full length mirror and all of a sudden I began to laugh out loud at myself. As I laughed I realized I had a choice. I could choose what I think. I can choose who I want to be.”

It takes a crew to build a house. It is imperative that **EVERYONE** involved with the **RESPECT** process use the **RESPECT** Manual to help the person going through the **RESPECT** Workbook and Program use his tools to build his house of **TRUST**.

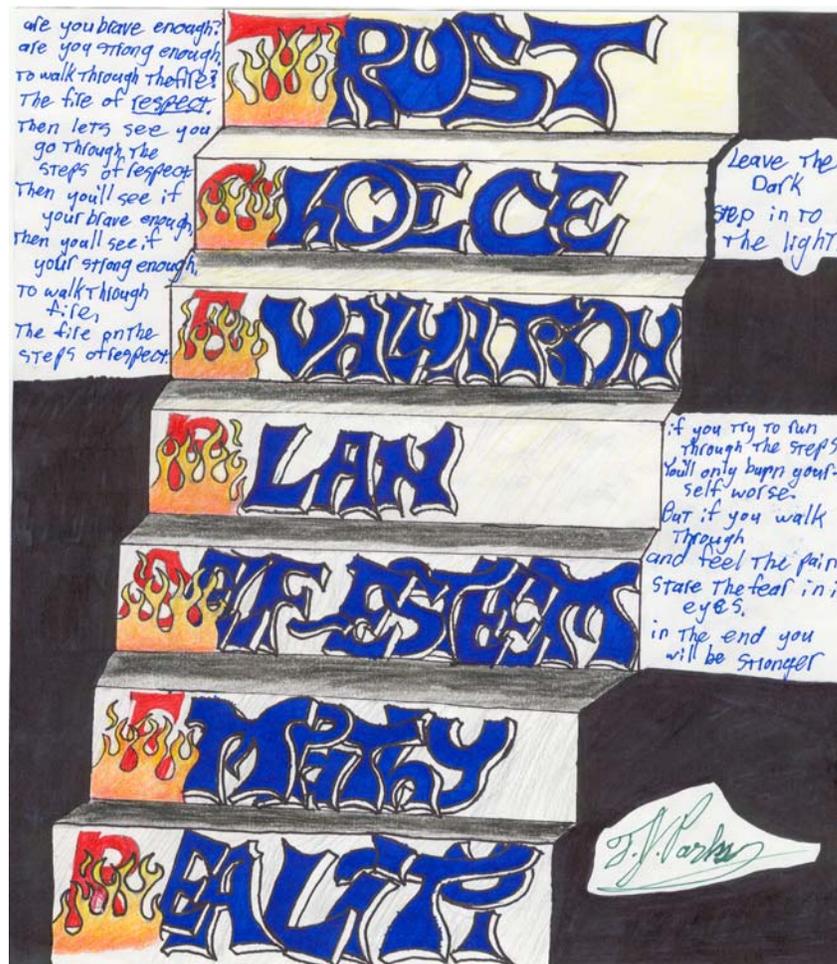
Thomas P. Keating, LMHC



David did not speak for two years because he trusted no one, including himself. When he began to **do** the program, *interact* with his group and *speak*, he began to *believe* in himself and worked his way through the steps of **RESPECT**. This is what he had to say upon completion. His words became our mission.

*"Nobody is actually free. I keep going. I push myself to do things whether I like it or not. If I know what's wrong I just won't do it. Without **RESPECT** there is no freedom. If you don't trust yourself you won't trust anybody else. I stay in the day-right now-in this moment. Look at me, I'm talking! I used to think about yesterday and the future. Now I just think about now. When I'm at home-I'm at home. When I'm at work-I'm at work. Now I'm honest with myself. I think another word for **Trust is FREEDOM.**"*

David



Mission: **STAND. BEGIN. TRUST IS FREEDOM.**

**R-E-S-P-E-C-T** begins in 1988 with adults diagnosed with cognitive delay, major mental illness (schizophrenia, etc.), and physical challenges (blind, deaf, right and left hemiparesis, etc.) who are sexually offending children. **RESPECT** is first published in the summer of 1997, presented at the World Congress on Violence in Caracas, Venezuela, 1998, published in Biopsychosocial Perspectives, 2000, and then received a NIMH grant for \$600,000 to treat Juvenile sexual offenders in 2001. NEARI press is publishing 2 books; a clinical/parent manual and an adolescent workbook to be published 2010. **RESPECT**, beginning in September 2010 will be used to now treat female adolescence diagnosed with Conduct Disorder.

**RESPECT** now serves adults with normal intelligence and fewer emotional and physical challenges. **RESPECT**'s commitment to individuals who complete all 7 steps of **RESPECT**, understand a commitment to values, and have written who they intend to become through a mission statement, can attend group treatment for the rest of their lives, if they do not reoffend—free.

**Trust is freedom.**

