1) Empathy and understanding:

$) Harmony in family and society!

[family- understanding each others needs and feelings creates emotional support & bonding]

[society- empathy towards others, reduces mis understanding and conflicts.]

2) mutal respect :-

[family- each member respects the individuality of others which ~~leads~~ leads to an environment of appreciation.]

society- respect for diverse cultures and back grounds ensures peaceful co-existence.]

CONCEPT of TRUST & RESPECT

concept of trust and respect - as foundational values in relationships!

※ RESPECT!

Listening: Respect means listening carefully and understanding each other's perspectives

Valuing Differences:- It involves appreciating each other's unique qualities.

Boundaries: Respecting boundaries allows each person to feel comfortable and safe.

Equality:- Both ~~person~~ people should have an equal voice in the relationship.

Encouragement:- Respect encourages supporting each other's goals and personal growth.

<u>TRUST</u> :-

→ <u>Honesty</u> :- Trust is built through honesty, even when it's difficult.

→ <u>open communication</u> :- It encourages open and judgment-free sharing of thoughts and feeling.

<u>Reliability</u> : Trust grows when both people are dependable and keep their promises.

<u>safety</u> :- It creates a safe space for each person to be their true self.

<u>support</u> :- Trust allows each person to feel confident that their partner will be there in times of need.