



HOW TO HAVE SOME GODDAMN **SELF-RESPECT**

be Fair

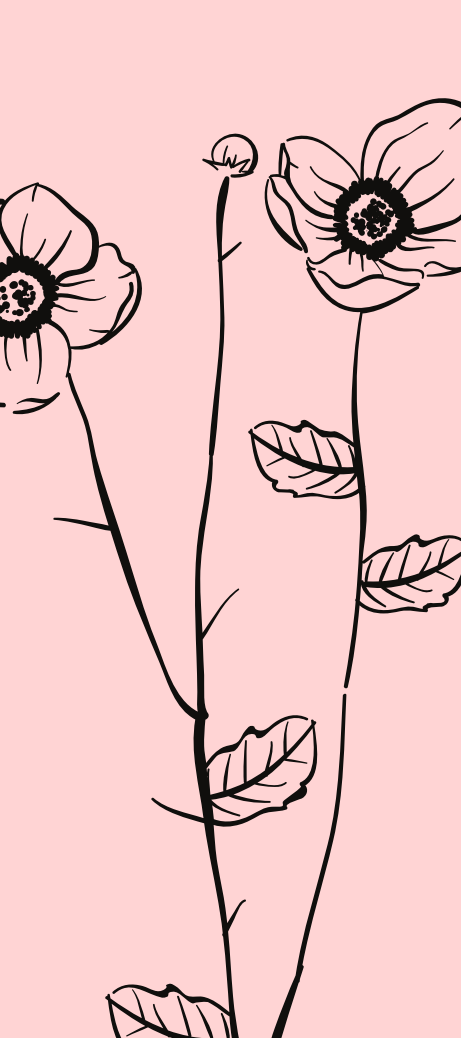
be fair to yourself and the other person. be reasonable

no Apologies

seriously. no eren yaeger "im sorry i should never have been born" bullshit. you don't need to apologize for breathing or having feelings, opinions, thoughts, and even mistakes.

stick to Values

YOUR actual values; not others values, not the values you grew up with or the values you feel like you "should" have. your. own. values.



be Truthful

*don't lie or overexaggerate or make up excuses. just be honest for
fucks sake*

