

## **GETTING ALONG**

- The Golden Rule
- Positive and Negative Behavior

## The Golden Rule

The Golden Rule is the most universal rule for ethical human behavior. Every philosophy and religion has it as a central rule.

*“Do not do to others all that which is not well for oneself.”*

Zoroaster

*“Hurt not others with that which hurts you.”*

Buddha

*“Do not do to others what you do not want others to do to you.”*

Confucius

*“May I do to others as I would that they should do to me.”*

Plato

*“Do not do to others what, if it were done to you, would cause you pain.”*

Mahabharata (Hindu)

*“Do not do to others what you would not have them do to you.”*

Rabbi Hillel

*“Treat others as you would like them to treat you.”*

Jesus

*“None of you truly have faith if you do not desire for your brother that which you desire for yourself.”*

Muhammad

*“Lay not on any soul a load which you would not wish to be laid on you and desire not for anyone the things you would not desire for yourself.”*

Baha'u'llah (Bahai)

Pete DeSisto, Director of the Cooperative Discipline Institute notes the following examples of positive and negative behavior.

**Positive**

**Negative**

Calm voice tone

Loud, shouting/superior voice tone

Shows concern and interest

Rescues, bosses or demands

Uses humor (joking)

Sarcastic, put-downs/overly sensitive

Offers positive feedback  
(focuses on what's right)

Critical and Perfectionist  
(focuses on what's wrong)

Offers to help  
(solution focused)

Blames  
(problem focused)

Shows enthusiasm

Appears uninterested

Gets to the point

Lectures... "blah, blah, blah"

Gentle eye contact

Glaring eye contact

Gives physical space

Invades physical space  
*(Different cultures have different ideas of physical space.)*



## Notes for home....

