

by Gloria Thomas-Anderson, PhD, LMSW Columnist of: Inspiring Insights For Your Soul and Spirit!

The other day a friend told me she was dating a man who was pressuring her for intimacy she felt was reserved for marriage. He let her know up front that he was not interested in marriage or commitment and seemed puzzled about her response to his proposition.

I shared my thoughts—a man who threatens a woman by telling her she will lose him if she doesn't give him what he wants, is unprincipled and will not appreciate a woman who is principled. He will only use her for his pleasure and count her as just another tally mark on his "conquered list". She loses everything and gains nothing because he quickly moves on to the next woman who will fall for his tactics.

Everyday we are faced with decisions that challenge our principles and values. When no one is watching, we can sometimes be easily deterred and compromise what we know

is right. Situations like, "borrowing" office supplies from work to use at home or making negative comments about someone when the conversation turns gossipy or derogatory.

Principles and values that can be easily compromised are not worth having. Giving in to someone who does not have principles at the cost of giving up yours, rarely result in what you may want.

Being principled means not compromising yourself, regardless of what others do and think about it. Your values speak volumes about who you really are and when you give in to unprincipled requests, you give up "you" in the exchange. Remember, unprincipled people will not understand or appreciate principled people. Don't make the mistake of trying to make them understand at your expense.