

101

Unspoken Rules
of
ETIQUETTE

DANNY PARK

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Summary:

This book was created to convey the importance of the rules of etiquette that aren't very well known, rules that are rarely spoken, if ever. Author Danny Park presents readers with a fun, entertaining book that helps bring to light the uncomfortable conduct in life that should be addressed. In *101 Unspoken Rules of Etiquette*, Danny strives to promote selflessness, to help society make a conscious effort to be aware of their surroundings, and to always be considerate of others feelings. "Together we can help make this world a better place to live in, one manner at a time."

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This book is dedicated to two people who, ironically,
don't need to read it: my lovely parents.

I've been blessed with the opportunity to travel to over twenty different states and thirteen different countries. I've been exposed to many cultures, customs, values, and personalities. Through my experiences, I've made note of what people commonly do (or don't do), and what should or should not be done. Regardless of your ethnic group, religious belief, or background, the material in this book is universal. It applies to everyday life no matter who you are or where you come from.

Curious how the rules of etiquette were produced and the validity of the content? The best way to describe how this came about is to think of how a potential law is passed in the United States. The Executive Branch proposes laws to Congress, which consists of senators and representatives (Legislative Branch). They vote on which laws pass or not. Think of me representing the Executive Branch (who proposes each piece of etiquette) and the hundred different people I've personally met from all over the world as my senators. Each rule was reviewed amongst my peers and an approval rating of 80 percent or greater was required to be placed in this book. Plenty were left out.

This book was written to convey the importance of the rules of etiquette that aren't very well known. Rules rarely considered, if ever. My goal is to present to readers a fun, entertaining book that helps bring to light the uncommon manners in life that should be imitated. In doing so, I believe this will promote selflessness and help society be more aware of their surroundings, to always be considerate of others' feelings in any given situation. I have high hopes that together, we can help make this world a better place to live in, one manner at a time.

—Danny Park

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Social Etiquette



Shushing someone.

Thou shall not shush someone.



Getting shushed is the ultimate burn. No one wants to be shushed. Shushing someone is the most impolite and demeaning way of asking someone to be quiet. It belittles one's sense of worth. Politely ask someone to be quiet, don't shush them like a child. More often than not, shushing someone will only make things worse. Instead of shushing someone—our natural, intuitive reaction—consider politely asking something along the lines of this: "Pardon me, I apologize for having to interrupt you, would you please keep the noise down?" This has a much greater chance of spurring cooperation than shushing someone.



Being told something discreetly.

**If someone chooses to speak to thou discreetly,
thou shall respond discreetly.**



When someone talks with someone else discreetly—whispering, covering the mouth while speaking, isolating each other to a corner—it should be a clear indication that the person doesn't want anyone else to listen in on the conversation. That person more than likely has something personal or sensitive to share, so it's best to respond back in the same secretive manner.

Consequences of breaking the following rule, especially when people are within earshot, may be humiliation or hurt feelings. Whenever faced with this situation, do that person a favor and respond in kind.



Acknowledging a compliment or a good deed.

**When someone says or does something nice for thou,
then thou shall acknowledge that person.**



We all have the ability to show gratitude and make people feel appreciated. If someone compliments us or goes out of their way to perform a nice deed on our behalf, the least we can do is acknowledge that deed. Whether we're thanking that person or giving them the smile-and-head-nod combo, any acknowledgment will suffice. It's simple to do and will make the complimenter feel good about himself.

Imagine doing kind deeds for people for the rest of your life, and not a single person acknowledged you. The neglect would certainly take its toll, so let's keep the kindness train rolling by acknowledging it whenever it hits us.



Asking a woman whether she's pregnant.

Thou shall never ask a woman whether she's pregnant.



If you ever wonder whether there's ever an appropriate time to directly ask a woman if she's pregnant, the answer is no. You'll either know for certain she's pregnant (in which case you won't have to ask) or you won't (in which case you shouldn't ask). When speaking with a woman who appears to be pregnant, no matter how confident you may be, err on the side of caution and don't even bother asking. It's not worth the risk of asking and she ends up not being pregnant. In doing so, you risk implying she's overweight and offending her. If you're really curious and it's a family member or friend, you should try to find out from someone else.



Invitations and excluding someone from an event.

Thou shall not extend an invitation in the presence of someone not invited.



If you're ever with a group of people and intend to invite some but not all of them somewhere, don't extend the invitation in front of the uninvited. Though this may not seem like a big deal, let's stop and think like the person who's excluded.

Feelings will be hurt. The slight inferiority this person would experience can easily be avoided by waiting for a more opportune moment to pass out the invitation. Wait until the person that won't be invited isn't present.



Causing a scene.

Thou shall not cause a scene, especially in confined areas.



One day my father and I decided to pay our local court house a visit to file some paperwork. As we entered the elevator, we were stuck with a few other individuals. One of them appeared to be an attorney who at that moment appeared to be having a bad day. He was speaking in legal jargon and dishing out cuss words every few words. It was an unpleasant conversation to say the least, and everyone in that elevator had no other choice but to listen to his ranting and raving.

This particular person should have waited to make this phone call after the elevator ride, away from others. Had he been the recipient of this phone call, he could have waited to unleash his anger on this person and not done it in the elevator, making it very awkward for everyone. He could have also taken the stairs and not caused a ruckus among the group of people.

Whatever the case may be, let's not disturb others. Do not cause a scene, especially in confined areas.



Replacing any last items used.

**If thou uses or consumes the last of anything,
thou shall replace it.**



Whether it be toilet paper, paper towels, or trash bags, replace what you finish. Especially toilet paper, it'd be a crappy situation for the next person using the restroom to find an empty toilet roll. If someone consumes the last of any food that wasn't purchased by them, unless given approval to finish the food, they should replace it.

For example, if you finish off your roommate's family-size bag of potato chips and weren't given approval to finish them, then you should head out to a grocery store and buy a new bag of those same chips. This leads to another topic. If you're eating those potato chips and notice there are only a few chips left, just finish it. No one hits the family-size bag to eat a few chips. Finish it and replace it.



Not getting distracted while on the phone with someone.

When speaking with someone over the phone, thou shall not get distracted. Thou shall give that person thy undivided attention.



If someone dedicates time to speak with you over the phone, then you should avoid distraction and do your best to give that person your undivided attention. It is rude when a person starts having another conversation with someone else while still on the phone.

Simply put, if we're not giving them our undivided attention and time over the phone, don't waste theirs. Unless our life all of a sudden is threatened or there's an emergency while we're on the phone, be considerate and give the person your undivided attention.



What to do when you get caught staring at someone.

**When staring at someone and caught in the act,
thou shall be the one who looks away.**



Picture someone staring at you and you happen to make eye contact with this person. Now imagine yourself continuing to stare back at this person, only to find them staring right back, not breaking eye contact. That would be a little weird, right? If you ever find yourself staring at someone and they see you, it's your responsibility to look away. By looking away, we let the other person know we mean no harm.

EXCEPTION: If your intention is to initiate a conversation. In which case, once you've been spotted, try to start the interaction as quick as possible. The longer two people stare at each other without engaging in a conversation, the more awkward.



How to enter someone's room.

Prior to entering a room, thou shall knock and await a response.

**If thou enters a room with a shut door,
thou shall leave it shut upon departure.**



We never know what's going on behind closed doors. Perhaps the occupant of the room is conducting some business they'd prefer to keep private, or maybe that person is nude after a nice warm shower. Whatever the case may be, everyone deserves their privacy. Let's respect privacy and knock before barging in. If you enter a room and the door was shut before entry, shut the door before you leave. In doing so you prevent yourself from inconveniencing the occupant of the room by forcing them to get up and shut the door.



Avoid over-hyping something.

Thou shall not over-hype anything in life.



Whether you've just witnessed a movie as sweet as *Star Wars* or found an awesome Chinese restaurant that offers better orange chicken than Panda Express, let's not overhype it. Like a dot-com company in the late 90s, we don't want to overvalue something for what it's worth. Sure, we can let someone know we enjoyed an experience, but leave it there. Allow the other person to make their own judgment. By over-hyping something, we risk creating such high expectations for this person, only for them to be disappointed because of our elation. The person potentially won't enjoy the experience as much as they would've had it not been over-hyped.

Allow a person to enjoy an experience as much as us, if not more, by not over-hyping whatever it is you had the pleasure of experiencing.



How to watch a show or movie without upsetting anyone.

Thou shall not blurt out lines in advance or spoil a story's plot while watching a show or movie with someone who hasn't seen it.



Blurting out lines in advance or spoiling a story's plot while watching a show or movie can put a damper on one's viewing experience. For those who haven't seen a show or movie that someone else has, the new viewer should be able to enjoy the moment without someone spoiling it. No matter how much someone likes a particular line or part to a show or movie, that person should restrain themselves from calling it out in advance to avoid upsetting anyone.



What to do before entering someone's residence.

Prior to entering a residence, thou shall first ask whether it's acceptable to keep shoes on or whether they should be taken off.



Growing up in a stereotypical Asian household, everyone who visited was forbidden to enter our home without first taking their shoes off. On the flip side, I've visited plenty of my friend's homes (both Asian and non-Asian) where it wasn't necessary to take my shoes off. Every household is different and because of this we should be mindful of applying this rule the next time we visit someone's home.

Note: If visiting a household that you've been to before and are aware that shoes should be off, then there's no reason to ask. Still do so until a household member tells you otherwise. **However,** if we're visiting a household that you've been to before and have always entered with shoes on, ask whether it's still acceptable. We never know when circumstances change, perhaps they got new carpet and don't want to get it dirty. Maybe they've had a change of heart and have decided they'd prefer to keep the house clean by having shoes off. We shouldn't assume that it's still acceptable to enter their home with shoes on, so ask and verify that's still the case.



How to exit a confusing conversation.

When in a conversation with someone on a topic and even after an elaborate explanation thou still doesn't know what they're talking about, thou shall acknowledge that person and pretend thou understands to a certain degree.



Here's a classic example. Imagine we're at a party and we meet someone new. The person we meet goes on to explain how he's a biochemical engineer and he blabs on and on about his job and how he's involved with the process of biological organisms. We ask for clarification because we're absolutely confused as to what this person is even talking about. Even after the second explanation we still don't understand what this person's talking about (and we know this is something we won't be able to grasp, nor do we care), at that point we should just acknowledge that person and pretend we understand. Our acknowledgment can avoid further discussions about the topic and help us transition into something new. In doing so we also avoid making the person feel bad. People love to talk about themselves and anyone who lends an ear and acknowledges that person will make his day.



**How to bail out on someone and
minimize chances of upsetting them.**

**If thou made plans with someone and decide to bail,
thou shall notify that person as soon as possible.**



Due to unforeseen circumstances, we've all bailed out on our friends at one point or another. Sometimes we find something better to do or find ourselves too lazy to go out. Whatever the reason may be, let's not forget that the other person set aside their time to spend with us. Prior arrangements have already been ruined—let's not ruin their future arrangements by waiting until the last minute to tell them. Notify the person we're bailing out on as soon as possible so that they have sufficient time to make new plans.



**How to properly communicate a
time and place to meet someone.**

**When notifying someone of a time thou will arrive,
thou shall be as close to that time as possible.**



Don't you hate it when you plan to meet someone at a certain time, only to have them show up late without telling you? Or when you're told you'll be picked up at a certain time and next thing you know they're at your doorstep much earlier than expected? It's understandable, sometimes it's difficult to predict exactly what time we'll arrive, but we can make a good estimate. In doing so, we enable the other person(s) we plan to pick up sufficient time to get ready accordingly, and for those who we intend to meet at a certain destination, we'll minimize how much of their time we waste. Avoid giving people false hope by saying we'll arrive at a destination sooner than we will. It's best we tell the truth and let them know when we'll actually be there.



What to do when you use or borrow something from someone.

When using or borrowing something, thou shall return it to its original spot and rightful owner in a timely fashion.



Everyone borrows something from someone sometime, whether it's voluntarily handed to them or used unannounced. Whatever the case—seeing as how someone's the beneficiary and the person they're borrowing from gains nothing—the least they can do is return it so the owner needn't go out of his way to find it. If there's a set time table for its return, be diligent and return it by that time. If there isn't, keep this person informed as to when it'll be returned. If borrowing something without the owner knowing (not encouraged to do this, but if the deed's been done, so be it), place it back in its original spot in a timely fashion.



How to avoid upsetting a friend you've made plans with.

If plans have already been made with a friend, thou shall not invite others along without approval from the friend.



Never assume that a friend will be OK with us inviting someone else along, thinking they won't mind. There are many unknown reasons why our friend may not want that particular person to come along, or anyone for that matter. When it comes to identifying the relationship between two people, we're dealing with asymmetric information. We'll never know the full history between the two, and there's a chance the friend might not like the person we intend to invite. Even if we're inviting a close friend who happens to be friends with the person we originally made plans with, it never hurts to take a second and ask.



**What to do before leaving someone's
home you spent the night in.**

**When spending the night at someone's house,
before leaving thy room, thou shall make sure
everything is the way it was when thou entered.**



When someone knows we'll be spending the night, more often than not they'll be prepared for it and provide a clean room. Upon first sight of the room in which we'll be staying in, be observant. Check to see where things are in the room. When it comes time to check out, try to leave everything in the room the same manner in which we entered. If we ate food in the room and accidentally left a few crumbs, don't be a dirty rascal—clean up. Try to make the room as clean as possible. Most importantly, make the bed.

EXCEPTION: If the homeowners specifically tell us to not worry about it, though one should still want to clean up after himself even when told otherwise.



Letting someone know they have something on their face.

When speaking with someone and thou notice they have a substance on their face, thou shall let that person know.



Physical appearance is important to all of us. We all spend time prepping ourselves for the day to look as good as possible, or at least half decent. With that being said, if someone's speaking with someone and they happen to see something on that person's face, they should do them a favor and let them know. Whether it's food residue or a ginormous booger dangling off their nose hair, it's embarrassing and can be quite distracting.

If they're speaking, allow them to finish what they're saying. Acknowledge what this person had to say and then casually bring it to their attention. For those who happen to be the speaker upon first sighting of the substance, finish the sentence before bringing it up. If we were to immediately bring it up upon finishing our sentence, it may leave a negative impression. Allow ourself a few seconds before letting that person know. By notifying them in a delayed manner, it'll leave the impression that it's something we just noticed.



What not to do while conversing.

Thou shall not interrupt someone.



When we are talking, avoid interrupting the speaker midway through his or her conversation. An example that occurs far too often is when you're explaining something to someone who has little or no knowledge of a certain topic, then all of a sudden that person chimes in on the subject halfway through your conversation, thinking they already have a good understanding of the subject when, in reality, they don't. Another common scene is when someone shares a story, and the listener interrupts the storyteller midway through the conversation to complete his sentence, assuming he knows what he will say. The interruption stalls the person's train of thought, ruins the flow of the conversation, and is a nuisance to everyone else listening.

Proper execution of the following rule is to allow others to finish speaking and to not interrupt someone while he is midway in a conversation.

EXCEPTIONS:

- An emergency occurs
- If we know with certainty that something terrible is about to be said (to someone or about someone without that person knowing the person is within proximity) and that it can be avoided by us interrupting them, by all means stop that person.



What not to do when someone performs a good deed for you.

**Thou shall not criticize or complain to someone
who performs a good deed for thee.**



Certainly seems like a no-brainer doesn't it? Yet, it never ceases to amaze me how often this happens. Here's a hypothetical example. We have a woman (let's call her Amanda) and her daughter (let's call her Tina). Amanda is outgoing, positive, and loving person who likes to spoil Tina. Amanda cuts fruit for Tina one day, but Tina doesn't like how the fruit is cut. Rather than thanking Amanda for the fruit, she proceeds to talk down to her mother about how the fruit was not cut to her satisfaction. Let us refrain from being snobby or impolite. Instead appreciate the acts of kindness people do for us, whether they're up to our standards or not.



Telling a joke.

**If thou tells a joke about someone and that person says one back,
thou shall not get offended.**



Once we've unleashed a joke upon someone, it's pretty much fair game at that point. We must realize that if we make a joke about someone, we're inviting the recipient of that joke to come right back at us with another. If the other person happens to come up with a witty response and we can't think of a good comeback, accept it for what it is and move on. Don't take it to heart.



What to do if someone tells you a secret.

If someone shares something somewhat secret or private with thee, that thou thinks that person wouldn't share with anyone else, thou shall not share what was told to thee with others.



Examples of such topics we shouldn't share with others include ideas of an invention, opinions on certain individuals, having a yeast infection, and so on. Stop and think like this person and ask yourself, "If I were to tell someone (let's say Bob) about what this person had shared with me and somehow that person were to find out I told Bob, would this in any shape or form upset him?" If there's even the slightest hesitation to answer this question "no," then it's best to keep it hush-hush.

EXCEPTION: If we receive verbal confirmation from the person that it's OK to share whatever was told to us. Otherwise, err on the side of caution and don't share it at all.



Maintaining eye contact with someone you're conversing with.

When speaking with one person, whether thou is the speaker or listener, thou shall maintain eye contact most of the time.



Making eye contact with someone while we speak or listen is important, especially if it's a one-on-one conversation. By maintaining good eye contact, we're unequivocally announcing to the person we're engaged in the conversation with that we're giving them our undivided attention. To avoid looking like a weirdo, the key words one must keep in mind while applying this rule are "majority of time." Imagine having a twenty-minute conversation with someone and that person never broke eye contact with you. It'd be very awkward, so be sure to look away on occasion.



What to do when faced with an awkward situation with someone.

When faced with an awkward scenario or situation with a particular person, thou shall not make it any more awkward or uncomfortable for that person.



Everyone experiences insecure feelings sometimes. Most often times their feelings of self-consciousness, brought upon ourselves. On other occasions, however, these uncomfortable feelings are brought upon by others, whether incidentally or on purpose.

Dale Carnegie, author of *How to Win Friends and Influence People* (which, in my opinion, is a must-read for anyone who'd like to improve their relationship with family, friends, and strangers) said it best when describing humans. He writes that "When dealing with people, let us remember we are not dealing with creatures of logic. We are dealing with creatures of emotion, creatures bristling with prejudices and motivated by pride and vanity."

Pride and feelings of self-worth are what define us. When these traits are threatened by an awkward situation, our feelings of vulnerability and insecurity kick in. In cases where the situation was incidental, the last thing we'd want to do is make a person feel any more awkward or uncomfortable. Try as best as possible to diffuse the awkwardness, whether that means changing subjects or comforting that person.

Note: The following rule is applicable for cases in which the awkward situation was brought upon by either party incidentally, and not on purpose.



Personal Space.

Thou shall be mindful of one's "personal space."



In 1966, the term personal space was first introduced by anthropologist Edward T. Hall, creator of the proxemics concept (for an in-depth interpretation of personal space from Edward T. Hall, google his concept). Though personal space is completely variable and dependent on the person you're dealing with, err on the side of caution and give people at least a few feet of space. In doing so, you'll help prevent yourself and anyone else within your immediate area feel uneasy or uncomfortable.

Note: My Spanish teacher in high school taught us about the Hispanic culture (she happened to be Hispanic and originally from a Spanish-speaking country, so I'll give her credit here) and how personal space there is closer than in America. The general rule of thumb for Americans personal space is an arm's length, while the Hispanic culture is less. Knowing you can be closer to the intimate zone with the opposite sex and for it to be acceptable and not considered creepy will help get you that much closer to his or her pants, literally and figuratively.



What to do when faced with an emphatic “no.”

**Thou shall know when to accept “no”
for an answer and move on.**



Some people are indecisive and can easily be persuaded to do things they didn't originally want to do, while others are decisive and difficult to persuade otherwise. If we want someone to do something with or for us and that person says no, more often than not we're justified to ask for a reason. If given an explanation and we aren't able to provide them with a valid reason for them to think otherwise, accept it for what it is and move on. Let's not interrogate someone over and over again, especially in situations where it's clear that person doesn't want to do whatever it is we want them to do. Think of it this way: if we wanted them to do something with or for us and they initially decline, chances are they wouldn't have a good time or would give a lackluster effort.



Avoid wasting your breath and someone's time.

Thou shall be mindful while conversing with someone if they're interested in what thou is talking about before continuing on.



In our everyday lives, we encounter many people, whether it be through work or a social outing. Whomever we come across, whether it be someone close to us or a complete stranger, whenever we start a conversation or bring up a new topic, try to make a conscious effort of gauging their interest level regarding whatever it is you're talking about. We can save our breath and avoid wasting anyone's time listening to us talk about something they have no interest in by trying to emulate a poker player. Read body language and try to pick up on physical tells that will help indicate whether or not the other person is interested in what we have to say. Obvious physical signs of noninterest include a blank stare or an unenthused look. Obvious verbal signs of noninterest include very short, brief responses. Those who express interest will usually ask multiple open-ended questions and will appear very engaged in the conversation, giving us the green light to continue the conversation.



Public Etiquette



How to not get in someone's way while walking with a group of people.

Thou shall not move slowly while walking along a sidewalk, hallway, or walkway with multiple people. If a group intends to walk at a slow pace, then do so by walking alongside one another in smaller groups.



People tend to walk slower in groups. They're preoccupied with one another's company and aren't focused on walking fast, whereas when people are by themselves, they tend to walk faster. With that being said, for those who happen to be one of the individuals walking alongside a group, they should apply one of two of the following rules:

1. Move at a normal, steady pace. Like driving, it's encouraged to go with the flow of traffic. If a group of people are taking the entire width of the sidewalk, hallway, or walkway and a pedestrian happens to be moving toward the group, the person within the group closest to that person should move aside to allow that pedestrian to pass by.
2. Walk in groups of two or more (so as long as the group isn't taking up the entire width of the sidewalk, hallway or walkway). Unlike the first option, there's no need to have to be mindful of others wanting to pass by because they won't be blocking anyone.

In applying the following rules, we enable those walking to their destinations to do so with ease and without interruption.



The only place to dispose of gum.

Thou shall not spit gum out anywhere other than in a trash can.



Aside from stepping on feces, gum is among the worst things to step on whilst out for a walk. Despite efforts to try and get rid of it, we'll never be able to get it all off our shoe. Avoid being the careless person who spits their gum out wherever they please, responsible for the residue that will forever taint one's shoe. Thou shall be considerate to the planet we live in and to every living being that inhabits earth: spit gum out into a trash can or any other disposable waste container.



Farting.

When people are close by, thou shall not fart.



We must be aware of our surroundings when we intend to fart. Being in a shopping mall or any setting where we're surrounded by a lot of people doesn't give us the green light to let it all out. If there's any chance that someone may suffer because of our fart, save it. At least wait until we're completely alone, or go into a corner where no one is around, or even wait until we go to a restroom. It's up to us to effectively critique how bad our fart will smell and fart accordingly (an exercise described in the next page can help with this task), if at all.



Technique on how to fart.

When present at the office or work environment and the need to fart is present, thou shall let only “half or less” come out. But if the fart is predicted to smell really bad, go outside.



A reason behind why it's more reasonable to fart in the office is that the average person will be working at their location for at least eight hours of their day. Taking into account the amount of times the average person has to fart, that would equate to the average person having to get up and go outside to fart at least six times per day. Highly inconvenient and unnecessary if one is able to effectively let out only “half or less” of their farts. Especially because most people are moving around and more often than not you won't be close to others, giving us more reason to do this. Extreme caution must be used when applying this rule. We must be able to effectively critique how our farts will smell before unleashing the gas. Not an easy task, but one may do so by having an evaluation of the smell of their farts from early on. Before going to work, we'll most likely fart in the convenience of our own home. When this moment happens, have a brief moment and take a whiff. We'll have a good idea of how our farts will smell throughout the day. Based off our assessment, let out just enough of our farts throughout the day to the point where it won't contaminate our surrounding area with a bad odor. Other variables must be taken into consideration throughout the day, like what was consumed for lunch, snacks, and so on. Some days our farts will be hardly noticeable, while other days it may be quite the opposite. Try your best to determining how much to release without it smelling awful.

Regardless of circumstances, if our farts typically smell really bad, let's just go outside or visit a restroom. Like mentioned in the last rule, be mindful of your surroundings when farting in public.



What to do if you fart near people.

**When approaching another person and farting,
thou shall not crop dust them.**



If someone decides to fart (whether it be accidental or on purpose) and that person happens to be approaching another human, the farter (one who commits the act of farting) should stop walking immediately and be still. That person should put on the brakes, bust out his or her cell phone and act busy if necessary. Look up toward the sky as though in deep thought. Improvise and do whatever is necessary to disguise the real truth as to why we've stopped moving all of a sudden. We'll save our-self the embarrassment while simultaneously doing everyone else a favor by saving them from the wrath of our fart.



How to smoke without affecting anyone.

When out for a smoke, thou shall do so in a designated smoke area or away from buildings and where people are present.



Personally, I'm not a smoker. I have absolutely nothing against smokers, it's their right to smoke if they so desire. However, if someone decides to smoke, they should be mindful of others.

The first thing the smoker should do is to look for a designated smoking area. If there aren't any to be found, they should take a minute to strategically place themselves in a spot where they're a reasonable distance away from any buildings with people. In doing so, they'll decrease the chance of bothering someone with second-hand smoke.



How to walk in a parking lot without interrupting vehicles attempting to park or pull out.

If thou is a pedestrian walking in a certain direction and see that a vehicle is attempting to pull in or out of a parking spot, if possible, thou shall allow that person to do so and walk in another direction.



One late afternoon, on a random day of the week, my friend and I were on our way to the gym. When we entered the parking lot, my friend saw an open spot from afar. As we approached this parking spot, something extraordinary happened. An alert pedestrian anticipated we were going to pull into this spot, and rather than continuing to walk straight, having us wait for her to cross before we can pull in, she took a different route. She walked in a way that simultaneously allowed both of us to proceed forward without interruption. If any of us (like this woman) are walking in a certain direction and see that a vehicle is attempting to pull in or out of a spot, if possible, allow that person to do so and walk in another direction. There certainly will be times when this might not be possible—the following rule is entirely situation-dependent. While performing this rule, be aware of our surroundings and make sure there aren't any oncoming vehicles or bicyclists that could potentially hit us.



Not allowing your child to cause a ruckus.

**As a parent, thou shall not allow thy child to
behave inappropriately in public.**



It's the parent's responsibility to teach their child appropriate behavior. Standing by while your child runs rampant will only be the beginning of what's inevitably going to be a vicious cycle of more bad behavior. If we happen to be a parent who allows this misbehavior to be a continuous trend, it's time for us to buckle down. It's time to put an end to the child being a nuisance in public. One's child is a direct reflection on the parents and their parenting skills. Do whatever it takes to rectify a child's behavior, as long as the tactics aren't child abuse.

Note: The following rule is in regards to children who possess the mental capacity to comprehend "good" behavior to "bad" behavior. For children who are old enough and don't suffer from any mental disabilities.



Avoid blocking an entrance or exit.

**Thou shall not block the entrance or exit
of stairways, ramps, and doors.**



I decided to go to the beach one beautiful Saturday afternoon. As I was basking in the sun, getting my tan on, I observed something disturbing from afar. There was an older man typing away on his cell phone in the middle of the entrance/exit of a ramp. I'm talking smack in the middle, so that every person getting off or entering this ramp had to navigate around this man. Had he been somewhat conscious of what was going on, he'd come to his senses and get out of everyone's way. Completely oblivious to the situation, he continued on for over a minute until he put his phone in his pocket and fled the scene. Avoid doing what this man had done by staying clear and not obstructing the entrance or exit of stairways, ramps, and doors.



How to board an elevator, train, or bus properly.

**Prior to entering an elevator, train, or bus,
thou shall allow everyone to get off first.**



Not only should people be allowed to get off first, but there's a way it should be done. Allow enough space between yourself and the door for people to easily exit. If we stand too close, we create congestion for everyone leaving and further delay our entrance, while simultaneously increasing the likelihood of physical contact with those exiting. We can avoid the congestion and shoulder-bumping altogether by stepping back and allowing everyone to exit before boarding.



Wearing deodorant or an antiperspirant.

Thou shall wear deodorant or an antiperspirant, especially when present in confined areas for a long period of time.



July 2, 2013, I was on a plane in transit to London from Southern California. It was approximately an eleven-hour flight, so I prepared myself to make the trip as pleasant as possible. I quickly learn that some variables beyond your control can easily spoil your plans. I was seated next to an older gent who had a horrendous stench. Fortunate for me, I was able to relocate to an open aisle seat following takeoff. Not wanting to hurt the man's feelings in any way, I had given him a valid reason for me moving. Originally seated in the middle, I informed him of how I use the restroom often and would hate to be a nuisance to him throughout the flight. He understood and we went our separate ways. If we intend to be in a place where we'll be seated alongside others for a long time, like on a flight, in a movie theater, or playing poker at a casino, be mindful of those who'll be in our presence. We know our body better than anyone else—if we sweat or release body odor easily, we must be sure to apply deodorant or an antiperspirant. Wear an extra layer if necessary.



How to prioritize loud yard work.

Thou shall avoid doing any loud yard work in the early morning.

**Thou shall attempt to get the quieter work
done before doing any loud work.**



No one likes to be woken up early in the morning, especially when it's involuntary. If you intend to do yard work in the morning, try and do the quieter work first. If there are a multitude of tasks at hand, one of which includes operating the lawn mower, save that for last. Mow the lawn at a reasonable time when most people are usually awake. In planning out tasks accordingly, we prevent ourself from being responsible for the sleep deprivation our neighbors may experience and avoid pissing them off. Keep neighbors happy and free from anguish by saving any noisy yard work for later.



Driving Etiquette



Performing the courtesy wave.

**If a driver does a good deed for thee,
thou shall give that person a courtesy wave.**



At bare minimum, a simple extension of the arm will do. As if you were in class and wanted to get the teachers attention. If you really want to add some spice, a raise of the eyebrows will suffice. Nothing fancy here. When performed correctly the courtesy wave should be at least two seconds. As you extend your arm out to acknowledge your fellow driver's good deed, let her hang for a brief moment. If you were to simply raise your arm up immediately for just a brief second, there's the off chance that the driver might not interpret this as the courtesy wave.



How to make a right-hand turn properly.

Thou shall veer to the very right of the lane when making a right-hand turn (preferably a hundred feet before the turn).



Plan ahead of time when making a right-hand turn. Think of all the times we're driving when the car ahead of us all of a sudden slows down drastically and makes a right-hand turn. When this happens, we typically aren't given sufficient time to slow down, forcing us to slam our brakes to avoid a collision. A dangerous situation we'd all prefer not to be involved in.

To ensure this doesn't happen to others, veer to the very right of the lane to allow those behind us who intend to go straight, to do so with ease. Plan on activating the right-hand turn signal and veering to the very right at least a hundred feet before the turn. Proper execution of this rule will help avoid traffic congestion, a possible accident, and leave one less person from being upset.



How to avoid being in the way of someone making a turn.

Thou shall be positioned on the left-hand side of the far right lane to allow others to turn right with ease.



In the previous rule, we noted how someone who wants turn right should veer to the very right of the lane at least a hundred feet before the turn, which transitions us into the next rule. Envision wanting to make that right turn and you're at a stop light. No biggie, until you find yourself stuck behind the vehicle who decided to position himself on the very right side of the lane, preventing you from making that turn. Now you're forced to wait until the light turns green for the vehicle ahead of you before you can make your turn.

Avoid obstructing others from making a right turn by positioning ourself on the very left hand side of the lane, allowing anyone who wants to make a right turn to do so with ease.



How music should be handled while driving with passengers.

As a driver, thou shall ask thy passenger(s) of the type of music they prefer, and come to a mutual agreement of what to listen to.

**As a passenger, thou shall not change the music but rather,
request for a different station or song
(unless assigned as designated DJ by driver).**



As the driver, you should have the ultimate say over the music you'd like to listen to. However, if we're the only person among the people in our car who like a particular type of music, try to find an alternative. Come to a mutual agreement among everyone and establish how we want things to be run. Assign the passenger to be the designated DJ or handle it yourself.

As a passenger, if assigned as the designated DJ, try to stay the course and play the kind of music everyone in the car will appreciate. Understand that the driver has veto power and can overrule any song you pick. Don't take it personally, everyone has different preferences. Anyone who isn't assigned as the designated DJ shall not change the music without first seeking approval from the driver.



One way to avoid irritating the driver.

**As a passenger, thou shall not constantly tell
the driver how they should be driving.**



The key word here is *constantly*. Any situation where yourself and everyone else in the vehicle may be in danger, err on the side of caution and notify the driver. It's completely understandable if a situation occurs where we see traffic from afar coming to a dead stop and notice the driver isn't preparing to stop. In this case, by all means let them know to hit the brakes.

However, refrain from constantly chastising the driver while driving. It's annoying, unnecessary and will only provoke negative consequences. The more criticism the driver receives, the less credibility the driver will give that person, which may increase the likelihood of an accident. Give the driver peace of mind and only tell the driver what to do if involved in any life-threatening situations.



Proper approach to turn signals.

Thou shall signal ahead of time, allowing a three-second window before turning into a lane.



When someone gets cut off abruptly without any indication, it usually forces that person to slam their brakes, which may result in a chain reaction of all other drivers behind that person slamming their brakes. Not to mention the increased probability for an accident. If the person turning into the lane signaled ahead of time, it would've given the other person sufficient time to prepare for the lane change and brake. Before turning into a lane, thou shall remember to do so by signaling ahead of time and allowing a three second window before the lane change. Doing so will surely help decrease the chances for an accident.



What not to do in the far left lane of a freeway/highway.

**Thou shall not drive the speed limit or slower
in the far left lane on a highway.**



The speed limit for most freeways and highways is 65 MPH (give or take 10 MPH), but let's be real here, the majority of us are going much faster than that. Cops know this and typically don't waste their time pulling people over for going slightly above the speed limit. Here in Southern California, I couldn't tell you how many times I've passed cops traveling in the high seventies to eighty and haven't been pulled over for speeding.

With that said, don't plan on driving the speed limit or slower in the far left lane. It can be argued that one shouldn't even drive this slow in the second left lane. Even the DMV manual states that the far left lane should be designated for those who want to drive faster, so don't be the bozo who holds up the traffic.

EXCEPTION: Certain states (like Arizona) implement speed traps, where you must drive the speed limit. The following rule is applicable for those who drive in areas where speed traps are not present.



How to drive with a motorcyclist behind you.

**Thou shall veer to either the very left or right side of the lane
to allow motorcyclists to pass with ease.**



When we're on the road and we notice a motorcyclist behind us, veer to either the very left or right side of the lane to notify him or her of our willingness to let them pass. How to determine what side to veer is dependent on which lane we're driving in. Always veer left if we're in the far left lane and always veer right if we're in the far right lane. If we're in one of the middle lanes, this is where things can be a bit tricky. Check the rear view mirror and identify which side of the lane the motorcyclists are driving on. Whatever side that is, we'll want to veer the opposite direction. In doing so, we're basically letting the motorcyclist know they have the green light to pass by, making it much easier for them to do so if they so choose. Motorcyclists appreciate those who are mindful of them on the road, you'll notice more often than not that they'll show their appreciation—a courtesy wave to you if they choose to pass.



Proper use of car horns.

Thou shall honk the horn only when necessary.



Over the years, the use of the car horn has expanded. The horn was originally invented as a device to warn others of the approach of a vehicle and to communicate to other drivers one's presence. The only occasions thou shall honk is for situations where you use the horn as a "notification", or a "heads up" device for other drivers. For example, if someone is stuck behind a driver at a stoplight who isn't aware the light's been green for the last few seconds.

Don't use the horn unproductively. An example would be for those who get agitated easily while at a dead stop on a freeway or highway and decide to honk their horn out of frustration. First off, traffic isn't going to all of a sudden improve. Second, unnecessary tension is inflicted on everyone within the vicinity, so avoid falling into this pattern.

EXCEPTION: When someone is driving extremely unsafely and puts your life at serious risk. For example, if someone cuts you off really badly, to the point that you have to slam your brakes and prevent a collision. When events like this occur, it's more than fair and necessary to notify the jerk who committed this reckless behavior that they shouldn't be driving in that manner—and therefore a honk is more than justifiable. Hopefully it will deter that person to drive poorly and keep our roads safe to drive.



Properly parking your vehicle.

**When parking thy vehicle, thou shall park
within the lines of the parking space.**



One should not have to struggle to exit their vehicle because of an inadequate parking job. When parking, everyone should be able to open their car doors with ease and not worry about hitting someone's vehicle. Sometimes certain parking spots are tight, even if the vehicle is parked within the lines. As long as we make a conscious effort of not hitting the other car, we're doing the right thing. If we try our hardest not to make contact but accidentally hit someone's vehicle while opening our car door because of a sloppy parking job, don't feel bad, they've brought it upon themselves. The lines in between your parking space are considered your territory. If someone doesn't have the decency to park their car within the lines, they must be prepared for the potential consequences.



Appropriate times to use a vehicle's windshield washers.

**Thou shall not activate the vehicle's windshield washers
whilst driving with motorists present.**



Everyone can easily identify the moment they enter their vehicle whether or not their windshield needs to be cleaned. For those who do, they should do so before hitting the road. We should also save the use of windshield washers for a time when there aren't any motorists directly behind or beside us while driving. Granted, we'll get hit with the occasional bird poop while we drive, but let's not be in such a rush to clean it. If there happens to be motorists around and we activate the windshield washers at that moment, we'd splash water on them.

Avoid this by opting for a moment when we aren't near any vehicles, or when the vehicle is parked.



What not to do when an accident has occurred.

Thou shall not slow down whilst driving to observe an accident.



This particular rule is especially true while driving on highways. It is dangerous to drive slowly on a highway to observe an accident while most motorists are maintaining speeds in excess of 65+ MPH. While traffic is steadily improving and all the cars are starting to part like the Red Sea, don't be the person holding up traffic by staring at the scene. Try not to let an accident prevent us from our main goal while driving: getting from Point A to Point B in the safest, most effective manner possible. If we happen to be at a dead stop, only then is it acceptable to take a quick glance. Traffic can pick back up suddenly, so don't be too distracted with the scene.



Do's and don'ts for when you find a parking spot.

Thou shall activate the turn signal to indicate intentions of parking. When someone is waiting for a person to pull out of a parking spot, thou shall not steal that person's parking spot.



Finding a parking spot can be a daunting task at times. When we finally find a parking spot that opens up, let's indicate to the public our intention of claiming this spot by activating our turn signal. If we identify an open spot but notice someone has already beaten us to the punch, suck it up and move on. Some occasions people won't have their turn signals activated to indicate their intentions of parking, but that doesn't give us the green light to take their spot. We should get the hint that they're more than likely waiting for the person occupying the spot to pull out.

EXCEPTIONS: Only in extreme, dire situations shall it be acceptable to break the following rule. For example, say you're on the road and all of a sudden your wife's water broke and she's on the verge of giving birth to your newborn baby, or you have a dying friend in the car waiting to get treatment for whatever shenanigans they got themselves into. In these extreme cases, do what needs to be done to get your baby-bursting wife or dying friend to the hospital as soon as possible. Though it's suggested you not try to find a parking spot in either case, you should probably park your car in the very front and rush them in—but you get the idea.



Taking care of business before entering your vehicle.

**When thy vehicle is parked in a shopping center, outlet,
or any other public parking spot, thou shall take care
of all business before entering the vehicle.**



As a driver roaming around a shopping center, outlet, or any other public place looking for a vacant parking spot, there are two things that we're usually looking for. Aside from a person walking into their vehicle, we're looking for vehicle lights or to see whether anyone's inside their vehicle, who may potentially be pulling out.

Before we enter our vehicles and start our engines and embark on our next venture, let's take care of all our business first. Whether we're blabbing away on our cell phone or busy writing something down, save it for another time. Let's not enter our vehicles unless we fully intend to leave the lot at that moment—otherwise, we leave people second-guessing our intentions. In this situation, the person waiting for the parking spot is left hanging out, waiting until the realization kicks in that the person in the car isn't going anywhere, at least for a while.



**The appropriate mindset while waiting for
a fuel dispenser to open at a gas station.**

When you're at a gas station waiting for a fuel dispenser to open up, if within a reasonable time both the farthest and closest person clear the station, thou shall pull up to the farthest dispenser.



Picture yourself at a gas station. You're in your vehicle, waiting in line for one of two or three fuel dispensers to open up. Usually, one of the two persons occupying the fuel dispensers will finish first. From the moment the person who finished first leaves the gas station, observe the other person's progress. Observation of the actual fuel pump is the major determinant as to whether a person will finish at a reasonable time or not. Here's where you'll be able to determine if this rule applies. **If the person still has their fuel pump attached to their vehicle and does not appear to be finishing any time soon (washing windshield, not near the pump, and so on), disregard this rule and pull forward to the vacant fuel dispenser.** However, **if the other person does not have their fuel pump attached to their vehicle and is on their way or already inside their vehicle, apply this rule.** If the person is still dispensing fuel into their vehicle but looks as though they will be finished within a reasonable time (hands on pump, walking toward pump, and so on), use good judgment at that point.

In applying this rule, we're being considerate for the person behind us in line if the closest fuel dispenser happened to open first. We eliminate the inconvenience for that person who has to pull forward and reverse his way into the spot. We're also helping to improve the efficiency of the overall flow of the station.



How to drive when someone is following you.

**Thou shall drive in a reasonable fashion
if someone is following thee.**



If someone is relying on us to get to a destination, we should drive in a reasonable fashion. Some general rules of thumb one should follow while having people follow us:

- Drive no more than 5 MPH over the speed limit.
- Don't gun it on lights that turn yellow, leaving those following us stuck at the light.
- Don't zigzag through traffic like a lunatic.
- When making left or right turns, activate turn signals in a timely fashion to make turning easier.

Follow these simple guidelines, and those following us will have a safe, comfortable trip. The dangers of violating any of the following guidelines could have potential consequences that far outweigh the benefits.



What to avoid while driving with passengers.

Thou shall not drive recklessly with people in thy vehicle.



We shouldn't drive recklessly to begin with, but this goes double when there are people in our vehicle. While in transit to our destination, the passengers of our vehicle shouldn't experience any feelings of discomfort. It's not a pleasant feeling to know your life is in the hands of someone who's driving like they have no regard for their own life. Some people might think it's cool driving over a hundred miles per hour on the highway at 1:00 a.m., dodging cars and swerving into lanes, but not most. For those who like to drive in this fashion (highly recommended we don't), avoid doing so with people in the vehicle.



How to properly enter an on-ramp on the freeway or highway.

**Whilst entering an on-ramp on the freeway or highway,
thou shall merge at the very end of the on-ramp.**



Violating this rule, along with those who do not allow others to merge, is a big cause of unnecessary traffic jams. Attempting to merge too early is dangerous and not only causes delays, but could potentially lead to accidents. This rule is also known as the “Zipper Method.” While entering an on ramp on the freeway or highway, we merge at the very end of the on-ramp with our turn signal activated. In doing so, we reduce the overall length of traffic backup and congestion, helping everyone on the road to get to their destinations faster and safer.



Allowing a driver to merge into your lane.

**When a driver beside thee is nearing the end of a merge lane,
thou shall allow that driver to merge.**



As noted in the previous rule, drivers are advised to follow what's called the "Zipper Method." In order for the previous rule to be properly executed, we must create an opening. For example, when a driver beside you nears the end of a merge lane, allow that driver to merge into your lane with ease. If you really want to go above and beyond, make eye contact with the driver attempting to merge and apply the courtesy wave. Don't be shy, let them know you're a considerate, kindhearted individual who is more than willing to allow them into your lane. The other person will surely appreciate your gracious act.

Avoid speeding up and not allowing the driver to merge. This selfish driving behavior is not only dangerous but it also makes overall traffic worst. In applying this rule alone, we simultaneously improve traffic conditions, help someone feel grateful, and prevent triggering someone's road rage.



What to avoid as a passenger.

**As a passenger in a vehicle, thou shall not place your feet
(with or without shoes on) onto the dashboard.**



Our shoes are a haven for germs and bacteria and are among the dirtiest pieces of our wardrobe. The bacteria on our shoes are easily transferable to anything they make contact with, so those who violate this rule are contaminating the area with germs and bacteria from their shoes. The glove compartment is part of the dashboard, so we risk spreading disease in a place we frequently access with our hands. Though bare feet aren't nearly as dirty as one's shoe, it's still unacceptable.

Proper execution of this rule is to never place feet (with or without shoes on) onto the dashboard as a passenger in a vehicle.



Turning your music down as you enter a neighborhood.

**Before driving into a neighborhood,
thou shall turn thy music down.**



By opting to turn our music down when entering a neighborhood, we avoid disturbing the peace. We also decrease the chances of waking someone up. We'll save ourself the label of being the tool bag who rolls into the neighborhood blasting their music. To make matters worse, usually the ones who perform this act of douchery are the ones who play terrible music. With that being said, it doesn't mean we should turn our music down to mute—it's understandable if we're listening to our favorite song, getting really into it and just about to hit the climax. We can still listen to it, but just turn the music down to a point where it won't be heard from outside.

Help maintain a peaceful neighborhood, allow neighbors to sleep in peace, and don't get on anyone's bad side by turning your music down before entering a neighborhood.



Traveling Etiquette



Lending a hand while on an airplane.

When seated in an airplane, if thou notices someone attempting to stow a large carry-on bag into the overhead compartment next to thee (especially if they are a woman or an elderly person) thou shall give them a hand.



For those seated on the aisle, this should be routine. If seated in a middle or window seat with everyone already seated in our row, it then becomes more of an inconvenience to you and those seated to apply this rule. At this point, we're hopeful that someone within our row or anyone else will be thoughtful and apply the rule. However, if seated in the middle or window seat and no one else is occupying any of the seats in our row, that's a toss-up. Be more inclined to help if seated in the middle seat, and more selective if seated in the window seat. Make a judgment call based on the person. If the person we observe undoubtedly looks like they could really use a hand, go ahead and assist that person.

Proper execution of this rule is to lend a hand to anyone who needs help stowing a large carry-on bag onto the overhead compartment next to us, when seated in the aisle section. If seated in the middle seat, more often than not, apply this rule. If seated in the window seat, be selective and assist those who really need the help.

EXCEPTION: If we are short or physically incapable of helping for whatever reason. Another instance in which one may not lend a hand is when we're dealing with an extremely strong looking individual who clearly doesn't need any helping stowing their luggage.



**Reducing the amount of times you
get out of your seat on an airplane.**

**If seated in the middle or window seat
of an airplane and thou exits the row,
thou shall perform as many tasks as possible while up.**



There are plenty of reasons why one would want to get up from their seat. Perhaps they want to stretch out, visit the restroom, get some water, or something else. If we initially get up and out of our seat for one reason, but foresee our self in need to do something else in the near future that would require us to get back out of our seat, then we should also do that. Minimizing the amount of times we get out of our seat leads to fewer interruptions for the passengers seated in the same row—and a more pleasant flight.



**Ways to avoid awakening a sleeping passenger
on an airplane while getting out of our seat.**

If seated in one of two middle seats on a large airplane where there are rows of four seats, and a person next to thee is asleep, thou shall opt to get out of thy seat in the opposite direction. In rare instances, when possible, maneuver over thy neighbor.



If we notice that the person seated next to us is asleep, check and see the status of the other passengers in the same row as us. If the passengers are awake, let's opt to get out of our seat going that direction as opposed to waking up the passenger next to us. The inconvenience of interrupting one or two passengers who are awake is not bad as interrupting one passenger who's asleep. It's hard enough to fall asleep on a plane, give that person as much sleep as possible without any unnecessary disruption. Let's keep in mind (as mentioned in the previous rule) that when we do decide to get up from our seat, that we perform as many tasks as possible to minimize the amount of times we interrupt our fellow passengers.

If we happen to be seated in a window seat and the person next to us is asleep, see whether we can get out without awakening our neighbor. If they happen to be a small person and you possess exceptional flexibility and stabilization, it's possible you can maneuver over this person without making contact. Envision yourself attempting this feat before doing so. Keep in mind all the right circumstances must align for this to be done. If we have any ounce of doubt this can't be accomplished, let's not attempt it.



Taking care of business before boarding the airplane.

**Thou shall perform all necessary
tasks before boarding the airplane.**



There are many tasks we can accomplish before boarding the plane. Visiting the restroom, filling up water bottles, stocking up on snacks, and so on. It'll make your life less stressful not having to deal with extremely long restroom lines or with people out and about like a bunch of wild turkeys for things that could have easily be taken care of before boarding. Your diligence in taking care of everything will help reduce overcrowding. Having less people out of their seats before takeoff will certainly make it a lot easier for the flight attendants to go about their duties and will help make everyone's traveling experience less hectic.



Proper armrest arrangement by seat on an airplane.

When on an airplane where there are three seats per row, thou shall leave the armrest for the person occupying the middle seat.



From having to deal with the inconvenience of maneuvering over the aisle seat passenger every time we must get out of our seat, to not being able to stretch out, there are a lot of disadvantages when it comes to sitting in the middle seat.

As a traveler fortunate enough to have the aisle or window seat, the very least we can do is provide the middle seat with both armrests. If we're in the middle seat, go ahead and assume position and place both arms on both armrests. There shouldn't have to be any negotiations taking place. If we've been beaten to the punch by someone, don't panic. No need to get confrontational, we're better than that. The moment they get up and out of their seat or take their arm off the armrest, go ahead and claim that armrest.

Proper execution of this rule is to allow the person occupying the middle seat to have both armrests. For those to the right of the middle seat, sacrifice the left armrest for that person. For those to the left of the middle seat, sacrifice the right armrest.



The proper approach to exiting the airplane.

**Thou shall allow those seated in rows
ahead of thee to exit the airplane first.**



A systematic approach should be used when exiting an aircraft. In order for everyone to get off the plane efficiently, allow everyone ahead of us to exit the aircraft. Simply put, don't be the tool bag who blocks people into their seats or cuts ahead of others just to get off the plane a few seconds faster. In doing so, it slows everyone else down and ruins the flow of traffic, causing further delays. By applying the following rule, we ensure everyone gets off the plane in an orderly, timely fashion.

EXCEPTIONS:

When a passenger seated ahead of us is still seated or showing signs of not exiting the plane. There are various reasons why some passengers will remain seated.

Passengers who aren't in any rush and are considerate of those who must catch a connecting flight will sit back, or maybe they have family or friends seated in the back and want to wait for them. Whatever the reason may be, there's no need to stall everyone else behind us—go right ahead and proceed to exit the aircraft.

OR

Your current flight is a layover and your connecting flight is near takeoff, in which case you should notify a flight attendant (if it hasn't already been brought to their attention) so they can make an announcement over the intercom to enable those (such as yourself) to exit first.



**Proper placement and use of overhead compartments
for carry-on luggage on an airplane.**

**As a traveler with carry-on luggage,
thou shall place luggage that won't fit under the seat
into the overhead compartment located above thy seat.**



To follow up on the previous rule, another way to ensure everyone exits the aircraft in the most efficient way possible is to place carry-on luggage in the overhead compartment located above our seat, as long as space is available. Avoid placing luggage into a random compartment and only use the compartment if necessary. Neglecting to do so will likely cause someone else to have to place their luggage into another person's compartment because there's no space, potentially causing a chain reaction of others to follow suit. When this happens, it delays everyone else from exiting the aircraft in a timely fashion because of people scrambling around to get to their luggage. Or even worse, don't be the person who places their luggage in one of the front overhead compartments and as soon as the plane lands and rushes all the way to the front toward their luggage, simultaneously violating multiple rules. This is the ultimate douchebag move and anyone who commits this act of douchery deserves to be slapped in the face. Twice.



Proper decibel level on a red-eye flight.

Thou shall speak in a “library voice” and keep noise levels to a minimum when on an airplane at night (after takeoff and before final descent).



As a passenger of a flight, there are many things we do to keep ourselves occupied: reading, sleeping, listening to music, or talking to our neighbor. No matter what we choose to do, the majority of people can agree that less noise during a flight is optimal, especially for those who are trying to read or sleep. With that being said, let’s try to be mindful of those around us on a flight by speaking as soft as possible and keeping any noise to a minimum, especially after takeoff and before descent to the final destination.

While conversing with a fellow passenger, speak with a “library voice” to avoid awakening a fellow traveler, preventing one from falling asleep, or distracting someone trying to read or get work done.



Restaurant Etiquette



Proper seating arrangements while going to a restaurant with someone new to your party.

If going to a restaurant and thou brings a person who no one else in thy party knows, thou shall not let that person sit on the very end.



When we go out to a restaurant to meet up with our party and we decide to bring along a person (family member, friend, coworker, or whomever) no one else knows, let's help make this person comfortable. What if we were to seat our guest at the very end? We'll feel more obligated to talk to them and give them the attention they require to avoid them feeling out of place. However, if we were to position our guest closer to the group, we now allow them to socialize with everyone else easier while simultaneously lifting some of the burden off our shoulders. Not only do we help our guest have a better time, but we're also helping ourself by not having to pay them as much attention.

Proper application of this rule is to not let our guest sit on the very edge of the table. Provide our guest the ability to socialize with ease by allowing that person to sit closer to everyone else.



**Proper approach to requesting something
from a fast food restaurant employee.**

**When requesting condiments, a water cup, or any other item
at a fast food restaurant, thou shall allow the employee
to finish up with the customer they are helping.**



It's best to request everything we'd like upon placing our order, including condiments, water cups, and so on. Sometimes mistakes are made, certain things get left out, or we forget to ask. Whatever the circumstance may be, if we're in a situation where another trip to the front counter is required, there's a certain way to go about it.

Ideally, we want to find an employee who isn't already helping a customer. If none are available, wait for the closest employee to finish with the customer they're helping. Once they've completed their transaction, they should acknowledge our presence by making eye contact with us. It's this moment we should request whatever it is we want. If the employee is interrupted by our presence while they are helping another customer, allow them to finish up with that customer before they help us. If the employee finishes with the customer and by chance doesn't see you, try to get their attention before they begin helping the next guest.



**What to do when someone opens the door for you
and allows you to enter first.**

When someone opens the door for thee and allows thee to enter first, thou shall let them go ahead of thee in line or to be seated.



If someone's nice enough to open the door and let us in, the least we can do is allow that person to go ahead of us in line (if inside a fast food restaurant) or be seated before us (if inside a sit-down restaurant). They didn't have to open the door for us, they could have waltzed right in and gone about their business. But they didn't. They were kind enough not only to wait for us, but to let us go ahead of them in line, so we should be kind enough to allow them to go ahead of us once inside. After all, they were there first.

Proper execution of this rule would be to follow these steps:

1. Thank that person upon entering the restaurant.
2. Turn around and make eye contact with this person.
3. Have one arm outstretched to signal to that person they may go in front while verbally telling them to go right ahead.



**Next in line at a fast food restaurant
but still unsure of what to get?**

When waiting in line at a fast food restaurant and it's thy turn to order, if thou still doesn't know what thou wants to order and predict it will take another fifteen seconds or longer to figure out, thou shall allow the person behind you to order first.



We've all had days where we know we want to eat at a certain place, but have a really hard time deciding exactly what we want. The next time we're waiting in line at a fast food restaurant and get called by the cashier to place an order, think to ourself, "Am I ready to place my order?" If not, will it take us fifteen seconds or longer to figure it out? If the answer is yes, allow the people behind us to place their order and reevaluate the menu until we're ready to place our order. Let's not hold up the line and have others wait for us to decide what we want when someone could have already placed an order by the time we've made up our minds.

Note: Fifteen seconds is a rough estimate of how long the average transaction takes, so another way to look at the following rule is to think to yourself, "Will the person behind me be able to place their order before I decide what I want to eat?"



Sharing appetizers with one or more people.

**When sharing appetizers, thou shall be mindful
of how much of that appetizer thou consumes.**



This particular rule is easy to apply when dealing with one other person. Simply put, try and eat no more and no less of the appetizer with the person we're sharing them with. We don't have to be spot on here, but try to eat within the same ballpark range as the other person. The beauty of this rule is that it only takes one person for it to work.

The more people sharing the appetizers, however, the more difficult to apply this rule. One can only hope that everyone in the group is considerate and can control themselves from scarfing down most of the food. Avoid being the person who eats the majority of the appetizer, leaving scraps for everyone else.

Proper execution of this rule is to enjoy our appetizer with the person we're sharing it with, while simultaneously keeping track of how much we've eaten, relative to the other person. When in groups, try our best to be as mindful as possible of how much we've eaten, relative to the rest of our party.



Dining in at a fast food restaurant? What to do before you leave.

When dining in at a fast food restaurant, thou shall clean up after thyself and not leave the food tray and trash on the dining table.



Working at a fast food restaurant isn't quite the dream job. Let's not make the lives of those who work these jobs any more grueling by having them clean up after us. Lend a helping hand. If any of your friends or fellow restaurant-goers leave their food trays or any trash behind, clean up after them. In doing so, we make the lives of those who work in these establishments easier, while also enabling those who'd like to eat at the same table to do so without any trouble. And don't forget to call them out for being slobs when you get the chance.

Note: The above rule is applicable for fast food restaurants like McDonalds or Burger King where trash bins and containers are accessible throughout the restaurant and not places like Veggie Grill or any other restaurant where there aren't any trash bins or containers present on the floor.



Picking the appropriate table or booth while dining in.

**When dining out to a fast food restaurant by thyself,
thou shall opt to take a smaller table or booth
and reserve the bigger tables or booths for larger groups.**



At fast food restaurants (especially during lunch time), seating can be limited. If we're out eating by ourself, opt to take a smaller table or booth, saving the larger tables and booth for larger parties. In doing so, we maximize the amount of people who can eat inside, minimizing situations where seating is unavailable.

EXCEPTION: If the use of a bigger table or booth is needed to accommodate school work or any personal business we intend to do during our time spent inside the restaurant. If the restaurant happens to be small with limited seating, it's highly encouraged to go elsewhere.



What to do when reaching for an item.

**When reaching for an item (such as utensils, nuts, and so on),
thou shall only touch what is intended for use.**



Our hands are dirty. The germs on our hands are of such concern, that October 15 of every year has been decreed Global Hand-Washing Day. It may not seem like a big deal, but our hands making contact with a utensil or food item might be the difference in getting someone sick. For health purposes alone, let's be cautious when reaching for an item and only touch what is intended for our own personal use.



Restroom Etiquette



An alternative method to the “courtesy flush.”

When going to a public restroom to defecate, thou shall help prevent the entire restroom from smelling bad by covering it up with toilet paper or excess paper from the toilet seat cover.



One of the first things we notice when we walk into a public restroom is the potent smell. We all brace ourselves before entering a public restroom, hoping to be fortunate enough to not have to endure any foul smell. With that said, if our feces smell anything less than roses, apply the following rule into our lifestyle. It’s quite simple, follow these simple steps and you’ll be on your way to making everyone’s restroom visit a pleasant one.

- Step 1: Two options. Option 1: Take a single ply sheet of tissue (or more to ensure full coverage), or Option 2: Save the excess paper from the toilet seat cover.
- Step 2: Cover the feces with the tissues or excess paper from the toilet seat cover.
- Step 3: Repeat Steps 1 and 2 when necessary (depending on how bad you have to go).

EXCEPTION: One can always apply the “courtesy flush,” though this is the preferred method, the following rule applies to toilets that have the automatic sensor flushing system rather than a flush handle. One can always try to stand up and go to the side to activate the flush, but that can be risky business, not to mention inconvenient. Apply at your own caution.



Premature flushing of urination.

Thou shall not flush the toilet until thou has completed urinating.



I must confess, personally, I've always struggled with premature flushing. I guess you can say I get a thrill out of trying to perfect the timing of my flush with my urine, midstream. I know I'm not alone. For anyone else out there with the same problem, resist the urge. It's a habit that, when performed incorrectly, will cause an additional, unnecessary flush. Especially for those who perform this behavior in the morning, when our urine is as yellow as Mountain Dew. And for those who are completely reckless and disregard the mistiming of the pee and decide not to flush, you leave the next user with an unpleasant souvenir.



Finding out if someone's occupying a restroom stall.

Thou shall avoid knocking on a restroom stall or trying to enter one to find out if it's in use. Thou shall check to see if someone is occupying a restroom stall by looking for their feet.



Unless you stumble upon a weirdo who likes to take a dump with their feet in their air as though giving birth, we should be able to check whether someone's using a restroom stall by taking a quick glance to see whether there are any feet.

It's an uncomfortable feeling taking a dump in a public restroom (for most at least), let's try not to make it any more uncomfortable for this person by disturbing them while they're unloading on the toilet. Granted, some stalls are designed so we aren't able to check and see whether it's in use, so in this case knocking on the door or asking whether it's being occupied is necessary.



Getting rid of any biological DNA left behind.

**Thou shall wipe off the toilet seat if thou left
any residue or accidentally peed on it.**



I'm unsure how bad ladies have it, but when it comes to visiting men's public restrooms, us guys are pretty bad when it comes to keeping toilet seats clean. It's like some guys purposely pee all over toilet seats just for the fun of it—that or they have terrible aim, or both. Far too often have I approached a toilet at a public restroom and end up doing a complete 180 because of the endless urine and fecal matter all over the toilet seat. It's time we put an end to this madness and start treating public restrooms as if they were our own. Everyone would prefer to take a dump on a dry toilet seat, clear of any residue. Help keep our toilet seats free of residue and wipe off any mess that's been made.



Providing an ample supply of toilet paper for guests.

**Thou shall have sufficient toilet paper for guests
who will be staying at thy place.**



If we plan on having guests stay at our household for an extended period of time, make sure their bathroom has sufficient toilet paper. It'll make our guests comfortable, knowing they can take a dump without the inconvenience of scavenging for toilet paper and to prevent the slight fear of having to ask for it. If the current toilet paper is running low, have an extra roll in plain sight for our guests to see. When our guests have to ask for toilet paper, they're basically announcing they must take a poop, you know it, and they know you know, and it's slightly uncomfortable for them to have to ask. By providing our guests with sufficient toilet paper, we can avoid this somewhat awkward moment outright.



What to do before flushing the toilet.

Thou shall put the toilet lid down before flushing.



Whenever someone flushes the toilet with the lid up, they're essentially transmitting bacteria-laden germs that can reach heights of up to twenty feet in the air and spread across the room. By taking a brief moment to put the toilet seat down before flushing, we help prevent these microorganisms from spreading.

All toilets aren't created equal. Some flush harder than others and on some occasions the toilet water will splash the toilet seat. A gross inconvenience that will have to be dealt with by either the flusher or someone else who wants to use the toilet, unless the flusher was generous enough to wipe it off. We avoid this issue if we put the toilet lid down before the flush.

Lastly, if it's late at night and some people are asleep in your home, flushing with the toilet lid down serves as a noise reduction. For those who are light sleepers, it can potentially be the difference between them waking up or staying asleep.



What to avoid while using a public restroom to go number two.

When going to a public restroom to defecate, thou shall be as discreet and quiet as possible during the visit.



Going to a public restroom to take a dump is slightly awkward, especially when you aren't alone. Let's not make it more uncomfortable for the people inside the restroom by farting up a storm and making a bunch of noise. It's disgusting and no one wants to hear it. It's understandable that at times we can't help but make some noise, but try to keep the noise level at a minimum. The next time we have to dump one off, do so as discreetly and quietly as possible to make everyone's restroom visit as pleasant as possible.



Dating Etiquette



Avoiding a common mistake on a first date.

Thou shall focus on maintaining a balanced conversation and to not speak too much about thyself on the first date.



Everyone likes to talk about themselves to some degree, but be mindful to not go on a tangent or to continue talking about the same topic for too long. Not only are our attention spans limited, but it's not fair for the other person. First dates are like a fun interview. They involve two people with a mutual interest in getting to know each other, so try maintaining a balanced conversation.

The most effective way is to have the ability to converse about a topic and share equal time conversing about that particular topic. If your date asks a question, answer that question and ask that same question back (assuming it's a question applicable for both parties). Sometimes during a conversation, you're asked a question, you answer it, and it leads to another topic of conversation. When the new topic of conversation dies down, ask the same question that was originally asked by your date. In doing so, we effectively allow both parties to gain equal information about each other, giving our date a chance to be equally involved in speaking and increasing the likelihood for a successful first date.



Arranging a meeting for the first date.

As a man (or, in rare instances, a woman), thou shall not assume a date wants to be picked up from home. If thou picks up a date from their home, thou shall actually go to the front door.



As the man or woman setting up the plans for the date, a good way to make our date feel comfortable from the get-go is to ask them what they'd prefer as far as meeting up. Some people may feel uncomfortable being picked up from home, especially if it's from someone they hardly know, or don't know (e.g., a blind date). Suggest your willingness to pick them up from their home, or if they'd prefer to meet elsewhere. If our date lets us pick them up from their home, we should actually go to the front door and greet them.

It'll make for a great first impression, displaying a personable effort rather than simply texting to let them know of our arrival.



Drinking alcohol on first dates.

Thou shall limit alcohol consumption on the first date.



We all come from different backgrounds and traditions, but in this day and age it seems as though it's socially acceptable for both parties on a first date to drink alcohol. Alcohol can surely help relieve some of the nerves for a first date, but don't overdo it. Keep in mind that first dates are all about getting to know each other, a goal that may pose a challenge if either party is heavily intoxicated. Know your limits and don't drink too much on the first date.

Note: The following rule is under the assumption that this first date is the first formal, organized outing between both parties, and because of this, a genuine interest exists between both parties to get to know each other. Different from first dates in which both parties' sole intentions are to hook up with each other (for example, those who have used adult websites to meet). If this be the case, then by all means get as drunk and sloppy as you'd like and let the good times roll.



Topics to avoid while on a first date.

Thou shall know what not to talk about on the first date.



For one reason or another, there are a lot of topics that shouldn't be discussed on a first date. Below is a list of what one should avoid bringing up on a first date:

- Past relationships (marriage, divorce, previous significant others)
- Finances
- Politics
- Intimate experience and preferences
- Religion

Discussing any of the above topics isn't romantic and likely won't form a positive connection, so it's best not to bring any of it up at all. A good rule of thumb is not to bring up any topic that will likely encourage jealousy, a debate, or conjure bad memories.



Never assume everything will be paid for on the first date.

**Thou shall not assume one person will pay
for everything on the first date.**



The old school way of going about who should pay for the bill typically fell in the lap of the man. As a woman (or man) who was asked to go out on a date, though more often than not the male will end up paying for everything on the first date, it doesn't mean we should be silent about it. Though the man who asked you out should cover the expenses, at the very least offer to help pitch in. He'll truly appreciate the generosity and it'll show your gratitude. Offering to help compensate some of the expenses will surely make a great first impression and prevent any negative thoughts of us being entitled. This doesn't just apply for meals, but everything else.

EXCEPTION: A scenario where you happen to be a wealthy person who asked someone out on a date who isn't nearly as wealthy as you. As a wealthy person, you intend to make a big impression by doing something for the other person that entails a lot of money. If this be the case, it would be unreasonable to expect the other party to offer to pitch in when any other standard date would suffice.



Gym Etiquette



Enabling use of mirrors for workouts.

**Thou shall not obstruct someone's view of the mirror
when they're performing an exercise.**



Mirrors are great for gyms, as they serve multiple purposes. Mirrors allow both men and women to creep on one another undetected, they enable us to check ourselves out when we get a nice pump going, and in some cases identify whether certain machines or benches are being used in crowded areas.

One of the main benefits of having mirrors is that it can help assist our workouts. Mirrors help us ensure proper form and posture for whatever exercise we're performing. So when someone is performing an exercise and is clearly using the mirror, be mindful of that and let's try our best not to obstruct their view.



Choosing the right bench to perform exercises on.

**Thou shall take the bench closest
to the dumbbell weights intended for use.**



If we intend to use lightweight dumbbells, we should take the bench closest to those dumbbells. If we intend to use the heavier weights, then we should take the bench closest to that weight. Think of someone wanting to use ninety-pound dumbbells to perform an exercise that requires a bench, only to find themselves having to haul those dumbbells twenty feet away to the nearest available bench because the guy using the bench closest to them is using it for performing an exercise with twenty-pound dumbbells—or vice versa. Let's make it as convenient as possible for everyone by using the benches closest to the weights we intend to use.



Allowing access to all pieces of equipment for everyone.

**Thou shall not perform an exercise in front of equipment,
preventing others from use of that equipment.**



A classic example would be performing an exercise right in front of a dumbbell rack. Certain exercises (like single-arm dumbbell bicep curls) can take a while. Let's prevent ourselves from having to make someone wait for us to finish our exercise by taking a couple of steps back from the dumbbell rack. In doing so, we allow anyone to obtain the dumbbells of their choice and enable those who are finished with their dumbbells to return them. Simply put, steer clear from any equipment we don't intend to use to allow those who do want to use them to do so with ease.

Note: The same applies for the placement of a piece of equipment potentially preventing others from accessing other equipment. For example, in some gyms the benches are located very close to the dumbbell rack. For those who intend to perform exercises on a bench while using dumbbells, if we have the dumbbells on the ground make sure they aren't too close to the dumbbell rack, potentially getting in the way of those trying to access or return dumbbells nearby.



Sharing is caring.

**When asked by a fellow gym member whether thou is still using a machine or other piece of equipment (assuming thou is still using it), thou shall give an estimate of how long thou will be and notify the person when thou is finished.
Better yet, allow them to work in with thee.**



During peak hours, it can be very difficult to get the weights or machines we want to use. Whether someone's using ten-pound dumbbells or occupying a bench, the exchange should be very simple.

If someone is to ask us if we're still using a machine or other piece of equipment, just let that person know how much longer we'll be and notify that person when we finish. Let them know so they have an idea of how long they'll have to wait, or if they should go do something else instead. Not providing these two pieces of information will leave this person second guessing when we'll be finished. If they choose not to go elsewhere, prepare for them to stare at you like a creepy pedophile would do to a little boy.

Ideally, it'd be nice to let this person work in with us. If there are certain circumstances that deter us from wanting to let this person work in (super sweaty, working out at a fast pace, lifting heavier weights, and so on) that's fine. At the very least, provide them with the estimate of how much longer we'll take and notify that person upon completion.



Efficient use of weight plates.

Thou shall use the least amount of weight plates as possible.



Determining weight denominations is basic math, something nearly every gym-goer should be capable of. For example, if someone intends to use a barbell and put thirty pounds' worth of weights on each side, they should use a twenty-five pound and five pound plate and not take up six ten-pound plates. By limiting the number of weight plates used to just a twenty-five and five-pound plate, we allow everyone else in the gym to use the ten-pound plates. During peak hours when weight plates are a scarce resource, it's crucial to apply the following rule to maximize availability and to minimize the chances of hindering someone's workout.

EXCEPTION: For those performing exercises in a pyramid or drop-set fashion, where we must drop weight quickly. In this case, be as diligent as possible to return the weight plates back to the weight racks as soon as possible.



Appropriate use of particular equipment.

Thou shall not occupy a machine, bench, or squat rack at a gym if it's not being used for its purpose.



By using a machine, bench, or squat rack for something other than its sole purpose, it forces those who want to use the machine or bench to wait. It's possible they aren't the only ones waiting, potentially stalling more than one person's workout. During peak hours, where there is a plethora of people, this could be problematic. Be mindful of the exercises being performed and avoid using a machine, bench, or squat rack for inappropriate purposes.

A few examples include: Don't use a bench for any exercises that involve jumping, use either a plyometric box or step platforms. Also, don't be the Jabroni who uses the barbell on the squat rack to do bicep curls. Don't take up the squat rack to do something that can be done elsewhere. Another example: don't use the lying hamstring curl machine to do kneeling leg lifts. Allow those who want to use that machine for its intended purpose and to get maximum effectiveness out of it by doing the kneeling leg lifts elsewhere.



Seek tranquility while attending yoga or Pilates.

Thou shall not be disruptive in a yoga or Pilates class.



Yoga and Pilates are a system of exercises that offer phenomenal health benefits, both physical and mental.

In order for someone to experience their true self and gain the most of out of yoga, one must achieve a state of permanent peace of mind while concentrating on the exercises. Publishers of the first modern book on Pilates, *The Pilates Method of Physical and Mental Conditioning*, both Gail Eisen and Philip Friedman cover what's known to be the six "principles of Pilates," one of which is concentration. Since extreme concentration and focus are essential for both yoga and Pilates, let's try not to be disruptive. From silencing our phones to not talking, let's be as silent as possible while attending one of these classes so everyone gets the most out of the class.



Shopping Etiquette



When not to talk on your cell phone.

**Thou shall not talk on thy cell phone
when being helped by a cashier or clerk.**



For someone to talk on a cell phone while being helped by a cashier, they're unequivocally letting the cashier know that their mere presence isn't as important as their conversation. A wise man by the name of Thomas Carlyle once said "A great man shows his greatness by the way he treats little men." The same can be said for woman. Not to say cashiers are "little" people, but for some, this may be their perception.

No matter with whom we're dealing, let's treat everyone with the same respect we'd want and deserve. If someone's on their cell phone as they approach the counter to be helped, that person should either allow customers behind them to go ahead, have the person on the phone hold for a brief moment, or end the call outright. In doing so, that person now has the ability to give the cashier the undivided attention they deserve.



How not to get in anyone's way while shopping at a store.

Thou shall avoid blocking an aisle at a store.



Often times we'll stumble upon people we know while out shopping at the store. It's great to reconnect with people we haven't seen in a while and it's encouraged to do so. With that said, the conversation can get lengthy.

So that we don't get in the way of others while they're shopping, let us properly execute this rule by positioning ourselves in the following manner:

If you're in an aisle: We'll want to position ourselves smack middle in the aisle, facing one another horizontally, under the condition that people can pass by with ease. If this isn't the case, then reposition yourself to one side of the aisle, while maintaining the horizontal position. Be mindful of others, and be sure to get out of anyone's way who happens to be looking for a particular item in your area. Avoid talking in front of an aisle to prevent anyone from accidentally hitting you while making a turn into the aisle.

If you're not in an aisle: In this case, we'll want to position ourselves vertically, facing one another, in the middle of the floor (perpendicular to an aisle). Avoid being to the side or in front of end caps, as this will interrupt the flow of traffic and may cause an accident.

Applying the following rule will help enable all shoppers to move freely without hindering anyone's shopping and avoid anyone getting hurt.



What to do with shopping carts after we finish using them.

**Thou shall return shopping carts back to the store
or in specified shopping cart stalls.**



Whether we're in the parking lot unloading groceries or just leaving the store and about to ditch the shopping cart outright, upon complete use of shopping carts, we should do one of two things. In the case where we're in the parking lot, we should at the very least place the cart in a specified shopping cart stall. Usually located at the front end of parking lots and elsewhere, these stalls have made it easier for customers to place carts in a designated area. If we're just leaving the store, we should place the cart back where it belongs. By taking the extra few steps to return carts where they belong, whether it be back to the store where all the other carts belong or in a shopping cart stall, we help:

- Allow those who want to park to do so with ease, without carts getting in the way.
- Make someone's job easier with one less cart to fetch.
- Prevent damage to vehicles by being hit by shopping carts.
- Burn an extra few calories.



Returning unwanted, perishable items back where they belong.

When shopping at a store where refrigerated or frozen items are sold, thou shall return unwanted perishable items back to their original spot, or at the very least, place the item back to any refrigerated or frozen section.



“Shrink” is a term coined by grocery stores that pertain to products that can no longer be accounted for because of reasons like theft, and in our case, perishable items that have gone bad. It’s sad to witness meat, produce, or any other perishable items spoil because someone was too lazy and didn’t want to go and put it back in its original spot. Stores aren’t the only ones affected. From an economic point of view, it potentially hurts consumers who have to deal with the chances of an increase in prices (to make up for the shrink) and decrease in supply (result of the shrink). It’s a problem that affects everyone across the board: consumers, retailers, and distributors. Proper execution of the following rule is to return any unwanted, perishable item back to its original spot, or at the very least, place the item back to any refrigerated or frozen section so it doesn’t spoil.





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Danny is an avid traveler who loves fitness and athletics. As a certified personal trainer with further certifications in corrective exercise, weight loss, and nutrition, Park strives to use his extensive knowledge of fitness to empower and help the lives of the people he has the pleasure of working with. Park also possesses a third-degree black belt in Tae Kwon Do and is a former professional paintball player, one of nine members to have played on a Canadian professional paintball team that was the number-one ranked team in the United States and Europe in 2014.

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