DIGNITY

WHAT IT IS AND WHY YOU NEED TO KNOW ABOUT IT

A TINY GUIDE

Based on the work of Dr. Donna Hicks
DIGNITY is the inherent worth and value of every human.
Everyone has it. Everyone has the same amount.
DIGNITY AND RESPECT ARE DIFFERENT
RESPECT is admiration for someone's actions, traits, or accomplishments.
Respect is earned or lost through actions, choices, and behaviors.

Respect has to be *earned*.

Earning respect means doing something that goes above and beyond the baseline right to be treated well.
DENIAL OF DIGNITY =
ROOT OF CONFLICT
Our instincts don't know the difference between a physical threat and a psychological threat.

Violations to our dignity feel like a threat to our survival.

When we feel hurt, our brains leap into self-preservation mode.
In that moment, we don't care about others and we don't care about our relationships.

We only care about feeling safe.
DIGNITY = VULNERABILITY
We often fail to recognize how vulnerable all people are to being treated as if they don't matter.

We are psychologically programmed to believe that our survival depends on acceptance.

We cannot help but react to being mistreated.
DIGNITY = METACOGNITION

Metacognition means thinking about your thinking.
We all matter the same amount.

Even in conflict or hard moments, other people matter as much as we do.

Which means we have to stop and think about our feelings and actions and how they impact others.
DIGNITY = SELF-COMPASSION
There is internal power that comes along with claiming your inherent worth and value.

Even though people may try, your dignity is yours and can't be taken away from you.

Dignity makes you resilient and more connected to your worthiness.
DIGNITY = AWARENESS
We're all born with dignity, but we aren't born knowing how to act in ways that honor everyone's dignity.

We all have a hardwired impulse not to be seen as the one in the wrong.

We have an equally strong desire to want to save face when we have done wrong.
It takes work to shift our way of thinking about our actions
DIGNITY = PRACTICE
Affirming your dignity can be uncomfortable.

Standing up for dignity is hard.

We have to practice.
DIGNITY = PERSPECTIVE SHIFT
Dignity is a given and respect is earned.

This is a shift in perspective and it can be uncomfortable.

We can respect a position but not respect a person who abuses power in that position.

But we always treat people with dignity.
YOU MATTER.

YOUR FEELINGS MATTER.

OTHER PEOPLE MATTER.