

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...

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 the way we
think 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.

