



Peaceful Planet

HUMAN RIGHTS EDUCATION



# Human Dignity

WORKBOOK

## INTRODUCTION:

### Reclaim, Regain and Retain Your Humanity

How do we rediscover our common humanity and reconnect with ourselves and each other? Our human dignity is what makes us human.

#### A definition of human dignity:

We define human dignity as ***an internal state of peace that comes with the recognition and acceptance of the value and vulnerability of all living things.***

Research in psychology and neuroscience suggests that when people feel respected and treated with dignity, the body's natural calming systems support openness, learning, and cooperation.

When people experience dignity violations such as humiliation, exclusion, or unfair treatment, the body's threat response can become activated, making trust and cooperation more difficult.

Peaceful Planet Human Rights Education is committed to dignity for all and our mission is to educate and enlighten people on the **Universal Declaration of Human Rights**.

Between 1939 and 1945, the Second World War cost the lives of 90 million human beings. After that war, the leaders of the countries of the world drafted, agreed to, and in 1948 signed the Universal Declaration of Human Rights to make sure nothing like the recent war could happen ever again.

#### But where do human rights come from?

Human Rights reflect the human dignity of every human being on the planet. Our recognition and acknowledgement of our human dignity and the human dignity of others is the ultimate determining factor in our sense of who we are and why we do what we do.

Dr Donna Hicks, a professional in the field of conflict resolution, wrote *Dignity - Its Essential Role in Resolving Conflict* after ten years in her chosen field of work.

She'd realised that underlying all conflicts is a violation of human dignity, so she researched the topic and, with the publication of her book, gave us language for understanding and talking about our human dignity needs and our experience of having those needs violated.

In this workshop and the accompanying workbook, you'll discover the 10 elements of human dignity and also the 10 temptations to violate dignity.

Complete the course and learn how to express your human dignity needs, so you can also understand the dignity needs of others. It's about developing and retaining your self-respect to enhance other people's human dignity too.

Our motto: ***Good thoughts. Good words. Good deeds.***

## ABOUT THIS PROGRAM

This Human Dignity Workshop has been developed by Peaceful Planet. It can be delivered and experienced in a series of sessions and is best explored in pairs (or possibly in small groups).

After completing this workshop, we do recommend further human rights education on the Universal Declaration of Human Rights, and we have a course available on that here: [What Are Our Human Rights?](#) [include the link to that course]

When pairing participants, it's ideal to have consistency with the same "twins" working through the course, however, if a change of grouping will make the program delivery more appropriate and effective for all, that's ok too.

This course will be delivered with an accompanying workbook that covers all the dignity elements and also all the temptations to violate dignity.

How does human dignity relate to human rights?

**Human Dignity + Human Rights + Taking Responsibility = a Peaceful Planet**

## Understanding Human Dignity

The starting point for understanding human rights is (1) to respect yourself, (2) to understand and protect your own human rights, and (3) to respect the dignity and human rights of others.

Each right you have is also a responsibility to protect that right for yourself and for others. You protect your rights by making sure others know what they are. I protect my rights by making sure you know what they are. We are all linked in a common endeavour to protect each others' rights and, in doing so, we protect the rights of everyone.

In order to have a peaceful planet we need to have peaceful people who understand human dignity. This human dignity workshop can help people to understand themselves and their need to be treated as fully valid human beings who understand that same need they share with all other human beings.

As an example of the connection between dignity, rights and responsibility let's explore Article 25 of the Universal Declaration:

**Article 25 of the Universal Declaration refers to food, shelter and good health as human rights. These are important for maintaining our dignity, and we have a responsibility for others as well as ourselves.**

How do we take responsibility for ensuring we have good health?

In the Barletta Declaration, Dr Matthias Rath lays out the plan for making preventative natural health a human right. If we don't become ill we can work, live and love without fear. He also lays out a strategy for improving the health of every human on the planet, starting with small steps at first.

You can read more about this in the What Are Our Human Rights? course, and also on the Science of Natural website.

## **This Workbook contains**

**Introduction**

**Introducing the Dignity Model**

**A Note for Participants**

**Food for Thought**

**The 10 Elements of Dignity**

**The 10 Temptations to violate Dignity**

**Feedback and monitoring**

**Obtaining your Certificate**

## Food for thought

**Have you noticed how ultra-processed foods with little food value are heavily advertised in poor areas? Do you know that baby milk formula is heavily advertised and promoted to mothers in poor countries who may not know that their own milk is the best nutrition for babies? Without education they may think that making it stronger is better or making it weaker will be more economical, both of which result in poorer nutrition for the baby.**

**Question:** *What are your thoughts on food, shelter and good health being fundamental principles of human dignity? Do you have any ideas for how we can achieve dignity and human rights for people in all parts of the world?*

## A NOTE TO THE PARTICIPANT BEFORE STARTING

You'll get the most from this course by working through it alongside someone else. Throughout this workbook, we refer to that person as either your 'twin' or 'buddy'.

Although the exercises work best when completed with a partner ("twin"), the questions can also be used for individual reflection if a partner is not available.

We expect you and your twin may have different thoughts and opinions, and that's ok. Here are our guidelines for working together and getting the most out of the program:

- Make sure that you and your twin understand what all the words and concepts mean. And if in doubt, ask. This is very important to ensure you are on the same page and know what's being presented and asked.
- In your interactions, be sure to apply the ten elements of human dignity
- Your answers can relate to one person, or more than one person.
- Help your twin to be open and honest. Encourage without judgment.
- If you see your twin has a thought they are reluctant to share, gently encourage them to open up in the safe space you have created together.'

### Optional: Recording Your Discussion

The purpose of these questions is reflection and discussion rather than written answers.

Some participants find it helpful to record their discussion using the voice recorder on their smartphone so they can focus fully on listening during the exercise.

If you wish, you may record your discussion and later use a speech-to-text tool to create a transcript for your own reflection.

Recording should only be done if both participants agree.

## **Introducing the Dignity Model**

The Dignity Model consists of Ten Essential Elements of Dignity and Ten Temptations to Violate Dignity. In point form, these are as follows

### **Ten Essential Elements of Dignity**

1. Acceptance of identity
2. Recognition
3. Acknowledgement
4. Inclusion
5. Safety
6. Fairness
7. Independence
8. Understanding
9. Benefit of the doubt
10. Accountability

### **Ten Temptations to Violate Dignity**

1. Taking the bait
2. Saving face
3. Shirking responsibility
4. Seeking false dignity
5. Seeking false security
6. Avoiding conflict
7. Being the victim
8. Resisting feedback
9. Blaming and shaming others to deflect your own guilt
10. Engaging in false intimacy and demeaning gossip

# MODULE 1

## THE 10 ESSENTIAL ELEMENTS OF DIGNITY

*Read each Element of Human Dignity out loud with your twin and make sure you both understand all the words and concepts before continuing.*

***Note: for some participants their experience of human dignity violations will be traumatic. Be supportive and a good listener. It often helps to share painful experiences.***

***Note: These reflections are not about judging ourselves or others, but about becoming more aware of the patterns that support or undermine human dignity.***

**Element 1:**

**ACCEPTANCE OF IDENTITY**

*Approach people as being neither inferior nor superior to you; give others the freedom to express their authentic selves without fear of being negatively judged; interact without prejudice or bias, accepting that characteristics such as race, religion, gender, class, sexual orientation, age, and disability are at the core of their identities.*

**Key words:**

Authentic – real, genuine

Core – the part in the middle of something

Dignity – a calm and serious manner, the quality that you have because you are human

*Take turns and ask each other to tell you fully about the experience.*

<b>PART 1: Your experience</b>	
Person 1 → 2: Ask your twin to “Recall a time when you were fully accepted for who you are.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience.

<b>PART 2: Your actions towards others</b>	
Person 1 → 2: Ask your twin to “Recall a time when you fully accepted another person for who they are.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience.

**PART 3: What you observed others doing**

Person 1 → 2: Ask your twin to “Recall a time when you observed others accepting someone for who they are.”  
Prompt your twin to tell you more about that experience.

Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience.

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**PART 4: Your relationship to yourself**

Person 1 → 2: Ask your twin to “Recall a time when you accepted yourself as you are.”  
Prompt your twin to tell you more about that experience.

Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience

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## Element 2:

### RECOGNITION

*Validate others for their talents, hard work, thoughtfulness, and help; be generous with praise and credit others for their contributions, ideas, and experiences.*

**Keywords:**

Validate – let someone know they are OK

*Take turns and ask each other to tell you fully about the experience.*

PART 1: Your experience	
<p><b>Person 1 → 2: Ask your twin to “Recall a time when you were recognised for your efforts or contributions.”</b>  <b>Prompt your twin to tell you more about that experience.</b></p>	<p><b>Person 2 → 1: Ask your twin the same question,</b>  <b>Prompt your twin to tell you more about that experience</b></p>

PART 2: Your actions towards others	
<p><b>Person 1 --&gt; 2: Ask your twin to “Recall a time when you fully accepted another person for who they are.”</b>  <b>Prompt your twin to tell you more about that experience.</b></p>	<p><b>Person 2 → 1: Ask your twin the same question,</b>  <b>Prompt your twin to tell you more about that experience</b></p>

<b>PART 3: What you observed others doing</b>	
<p>Person 1 → 2: Ask your twin to “Recall a time when you observed others accepting someone for who they are.”</p> <p>Prompt your twin to tell you more about that experience.</p>	<p>Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience.</p>

<b>PART 4: Self to self</b>	
<p>Person 1 → 2: Ask your twin to “Recall a time when you recognised your own efforts or achievements.”</p> <p>Prompt your twin to tell you more about that experience.</p>	<p>Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience</p>

**Element 3:**

**ACKNOWLEDGEMENT**

*Give people your full attention by listening, hearing, validating, and responding to their concerns and what they have been through.*

*Take turns and ask each other to tell you fully about the experience*

<b>PART 1: Your experience</b>	
Person 1 → 2: Ask your twin to “Recall a time when someone gave you their full attention and acknowledged what you had experienced.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience

<b>PART 2: Your actions towards others</b>	
Person 1 → 2: Ask your twin to “Recall a time when you gave someone your full attention and acknowledged what they were experiencing.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience

<b>PART 3: What you observed others doing</b>	
Person 1 → 2: Ask your twin to “Recall a time when you observed others giving full attention and acknowledgement to others.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience

<b>PART 4: Your relationship to yourself</b>	
Person 1 → 2: Ask your twin to “Recall a time when you acknowledged your own feelings or experiences.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience

**Element 4:**  
**INCLUSION**

*Make others feel that they belong, at all levels of relationship (family, community, organisation, and nation).*

*Take turns and ask each other to tell you fully about the experience.*

<b>PART 1: Your experience</b>	
Person 1 → 2: Ask your twin to “Recall a time when you were made to feel you belonged.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience

<b>PART 2: Your actions towards others</b>	
Person 1 → 2: Ask your twin to “Recall a time when you helped someone feel that they belonged.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience

<b>PART 3: What you observed others doing</b>	
<p>Person 1 → 2: Ask your twin to “Recall a time when you observed others helping someone feel that they belonged.” Prompt your twin to tell you more about that experience.</p>	<p>Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience</p>
Empty space for notes	Empty space for notes

<b>PART 4: Your relationship to yourself</b>	
<p>Person 1 → 2: Ask your twin to “Recall a time when you allowed yourself to feel that you belonged.” Prompt your twin to tell you more about that experience.</p>	<p>Person 2 --&gt;1: Ask your twin the same question, Prompt your twin to tell you more about that experience</p>
Empty space for notes	Empty space for notes

**Element 5:**

**SAFETY**

*Put people at ease at two levels: one, physically, so they feel free from the possibility of bodily harm; and two, psychologically, so they have no concern about being shamed or humiliated and are free to speak without fear of retribution.*

**Keywords:**

Retribution – payback, revenge

*Take turns and ask each other to tell you fully about the experience.*

<b>PART 1: Your experience</b>	
Person 1 → 2: Ask your twin to “Recall a time when you felt physically or emotionally safe.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience

<b>PART 2: Your actions towards others</b>	
Person 1 → 2: Ask your twin to “Recall a time when you helped someone feel safe.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience

<b>PART 3: What you observed others doing</b>	
<p>Person 1 → 2: Ask your twin to “Recall a time when you observed others creating a sense of safety for someone.” Prompt your twin to tell you more about that experience.</p>	<p>Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience</p>

<b>PART 4: Your relationship to yourself</b>	
<p>Person 1 → 2: Ask your twin to “Recall a time when you took steps to protect your own safety or wellbeing.” Prompt your twin to tell you more about that experience.</p>	<p>Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience</p>

**Element 6:**

**FAIRNESS**

*Treat people justly, with equality, and in an even-handed way according to agreed-on laws and rules.*

*Take turns and ask each other to tell you fully about the experience*

<b>PART 1: Your experience</b>	
Person 1 → 2: Ask your twin to “Recall a time when you were treated fairly and as an equal.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience

<b>PART 2: Your actions towards others</b>	
Person 1 → 2: Ask your twin to “Recall a time when you treated another person fairly and as an equal.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience

**PART 3: What you observed others doing**

Person 1 → 2: Ask your twin to “Recall a time when you observed others treating people fairly and equally.”  
Prompt your twin to tell you more about that experience.

Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience

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**PART 4: Your relationship to yourself**

Person 1 → 2: Ask your twin to “Recall a time when you treated yourself with fairness and respect.”  
Prompt your twin to tell you more about that experience.

Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience

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**Element 7:**  
**INDEPENDENCE**

*Encourage people to act on their own behalf to feel in control of their lives and experience a sense of hope and possibility.*

**\*Independence** – a freedom from the influence or control of others

*Take turns and ask each other to tell you fully about the experience*

<b>PART 1: Your experience</b>	
Person 1 → 2: Ask your twin to “Recall a time when you were encouraged to act independently” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience.

<b>PART 2: Your actions towards others</b>	
Person 1 → 2: Ask your twin to “Recall a time when you encouraged another person to act independently.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience

**PART 3: What you observed others doing**

Person 1 → 2: Ask your twin to “Recall a time when you observed others encouraging someone to act independently.”  
Prompt your twin to tell you more about that experience.

Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience

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**PART 4: Your relationship to yourself**

Person 1 → 2: Ask your twin to “Recall a time when you allowed yourself to act independently.”  
Prompt your twin to tell you more about that experience.

Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience

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**Element 8:**  
**UNDERSTANDING**

*Believe that what others think matters; give them a chance to explain their viewpoint and express their points of view; actively listen to understand them.*

*Take turns and ask each other to tell you fully about the experience.*

<b>PART 1: Your experience</b>	
Person 1 → 2: Ask your twin to “Recall a time when someone took the time to understand your point of view.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience

<b>PART 2: Your actions towards others</b>	
Person 1 → 2: Ask your twin to “Recall a time when you took the time to understand another person’s point of view.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience

<b>PART 3: What you observed others doing</b>	
Person 1 → 2: Ask your twin to “Recall a time when you observed others making the effort to understand someone’s perspective.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience

<b>PART 4: Your relationship to yourself</b>	
Person 1 → 2: Ask your twin to “Recall a time when you took time to understand your own thoughts or feelings.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience.

**Element 9:**  
**BENEFIT OF THE DOUBT**

*Treat people as trustworthy; start with the premise that others have good motives and act with integrity.*

*Take turns and ask each other to tell you fully about the experience.*

<b>PART 1: Your experience</b>	
Person 1 → 2: Ask your twin to “Recall a time when someone gave you the benefit of the doubt.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience

<b>PART 2: Your actions towards others</b>	
Person 1 → 2: Ask your twin to “Recall a time when you gave someone the benefit of the doubt.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience

**PART 3: What you observed others doing**

Person 1 → 2: Ask your twin to “Recall a time when you observed others giving someone the benefit of the doubt.”  
Prompt your twin to tell you more about that experience.

Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience

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**PART 4: Your relationship to yourself**

Person 1 → 2: Ask your twin to “Recall a time when you gave yourself the benefit of the doubt.”  
Prompt your twin to tell you more about that experience.

Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience

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**Element 10:**  
**ACCOUNTABILITY**

*Take responsibility for your actions; apologise if you have violated another person’s dignity; commit to changing hurtful behaviours*

*Take turns and ask each other to tell you fully about the experience.*

<b>PART 1: Your experience</b>	
Person 1 → 2: Ask your twin to “Recall a time when someone took responsibility for their actions toward you.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience.

<b>PART 2: Your actions towards others</b>	
Person 1 → 2: Ask your twin to “Recall a time when you took responsibility for your actions toward another person.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience.

**PART 3: What you observed others doing**

Person 1 → 2: Ask your twin to “Recall a time when you observed others taking responsibility for their actions towards others.”  
Prompt your twin to tell you more about that experience.

Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience

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**PART 4: Your relationship to yourself**

Person 1 → 2: Ask your twin to “Recall a time when you took responsibility for your own actions and learned from the experience.”  
Prompt your twin to tell you more about that experience.

Person 2 → 1: Ask your twin the same question, Prompt your twin to tell you more about that experience

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# MODULE 2

## THE 10 TEMPTATIONS TO VIOLATE DIGNITY

*Read each Temptation to Violate Human Dignity out loud with your twin and make sure you both understand all the words and concepts before continuing.*

***Note: for some participants their experience of human dignity violations will be traumatic. Be supportive and a good listener. It often helps to share painful experiences.***

**Temptation 1:  
TAKING THE BAIT**

*Don't take the bait. Don't let the bad behaviour of others determine your own. Restraint is the better part of dignity. Don't justify getting even. Do not do unto others as they do unto you if it will cause harm.*

*Take turns and ask each other to tell you fully about the experience.*

<b>PART 1: Your response to another</b>	
Person 1 → 2: Ask your twin to "Recall a time when you felt tempted to respond with anger when someone provoked you." Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.

<b>PART 2: Others' response to you</b>	
Person 1 → 2: Ask your twin to "Recall a time when someone responded to you with anger after being provoked." Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask you twin the same question. Prompt your twin to tell you more about that experience.

**PART 3: What you observed others doing**

Person 1 → 2: Ask your twin to “Recall a time when you observed others responding with anger when provoked.”  
Prompt your twin to tell you more about that experience.”

Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.

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**PART 4: Yourself**

Ask your twin to “Recall a situation where you may have responded with anger when provoked.”  
Prompt your twin to tell you more about that experience.

Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.

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**Temptation 2:  
SAVING FACE**

*Don't give in to the temptation to save face. Don't lie, cover up, or deceive yourself. Tell the truth about what you have done.*

*Take turns and ask each other to tell you fully about the experience.*

<b>PART 1: Your response to another</b>	
Person 1 -> 2: Ask your twin to "Recall a time when you felt tempted to save face rather than admit a mistake." Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.

<b>PART 2: Others' response to you</b>	
Person 1 -> 2: Ask your twin to "Recall a time when someone avoided admitting a mistake with you in order to save face." Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.

<b>PART 3: What you observed others doing</b>	
<p>Person 1 -&gt; 2: Ask your twin to “Recall a time when others avoided admitting a mistake with others in order to save face with others.” Prompt your twin to tell you more about that experience.</p>	<p>Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.</p>

<b>PART 4: Yourself</b>	
<p>Person 1 -&gt; 2: Ask your twin to “Recall a situation where you may have tried to save face instead of acknowledging the truth.” Prompt your twin to tell you more about that experience.</p>	<p>Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.</p>

**Temptation 3:  
AVOIDING RESPONSIBILITY**

*Don't avoid taking responsibility when you have violated the dignity of others. Admit it when you make a mistake and apologise if you hurt someone.*

*Take turns and ask each other to tell you fully about the experience.*

<b>PART 1: Your response to another</b>	
Person 1 -> 2: Ask your twin to "Recall a time when you felt tempted to avoid taking responsibility for something you had done." Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.

<b>PART 2: Others' response to you</b>	
Person 1 -> 2: Ask your twin to "Recall a time when someone avoided taking responsibility for something that affected you." Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.

<b>PART 3: What you observed others doing</b>	
<p>Person 1 -&gt; 2: Ask your twin to “Recall a time when you observed others avoiding responsibility for their actions.” Prompt your twin to tell you more about that experience.</p>	<p>Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.</p>

<b>PART 4: Yourself</b>	
<p>Person 1 -&gt; 2: Ask your twin to “Recall a situation where you may have avoided taking responsibility for your actions.” Prompt your twin to tell you more about that experience.</p>	<p>Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.</p>

**Temptation 4:  
SEEKING FALSE DIGNITY**

*Beware of the desire to base your sense of worth on the approval, praise, or status granted by others. When we depend on external recognition to feel valuable, we seek false dignity. Authentic dignity comes from recognising our inherent human worth rather than relying on validation from others.*

**Keywords:**

Validation – letting someone know they are OK

*Take turns and ask each other to tell you fully about the experience.*

<b>PART 1: Your response to another</b>	
Person 1 -> 2: Ask your twin to “Recall a time when you felt tempted to seek approval or recognition from others in order to feel valued.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.

<b>PART 2: Others’ response to y u</b>	
Person 1 -> 2: Ask your twin, “Recall a time when someone seemed to depend heavily on your approval or praise in order to feel valued. Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.

<b>PART 3: What you observed others doing</b>	
<p>Person 1 -&gt; 2: Ask your twin to “Recall a time when you observed someone seeking recognition or approval in order to feel important.” Prompt your twin to tell you more about that experience</p>	<p>Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.</p>

<b>PART 4: Yourself</b>	
<p>Person 1 -&gt;2: Ask your twin to “Recall a situation where you may have looked to others for approval in order to feel valued.” Prompt your twin to tell you more about that experience.</p>	<p>Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.</p>

**Temptation 5:**  
**SEEKING FALSE SECURITY**

*Don't allow fear of losing connection, position, or security to cause you to remain in situations where your dignity is compromised. When we tolerate ongoing violations of dignity in order to avoid conflict, loneliness, or uncertainty, we may be settling for false security.*

*Take turns and ask each other to tell you fully about the experience.*

<b>PART 1: Your response to another</b>	
Person 1 -> 2: Ask your twin to "Recall a time when you felt tempted to remain silent or stay in a situation even though your dignity was being compromised." Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.

<b>PART 2: Others' response to you</b>	
Person 1 -> 2: Ask your twin to "Recall a time when someone tolerated being treated poorly in order to maintain a relationship or position." Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.

<b>PART 3: What you observed others doing</b>	
<p>Person 1 -&gt; 2: Ask your twin to “Recall a time when you observed someone remaining in a situation that compromised their dignity because they feared losing security or connection.” Prompt your twin to tell you more about that experience.</p>	<p>Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.</p>

<b>PART 4: Yourself</b>	
<p>Person 1 -&gt; 2: Ask your twin to “Recall a situation where you may have stayed in an uncomfortable or undignified situation because leaving felt uncertain or risky.” Prompt your twin to tell you more about that experience.</p>	<p>Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.</p>

**Temptation 6:  
AVOIDING CONFLICT**

*Stand up for yourself. Don't avoid confrontation when your dignity is violated. Take action. A violation of your dignity signals that something in a relationship needs to change.*

*Take turns and ask each other to tell you fully about the experience.*

<b>PART 1: Your response to another</b>	
Person 1 -> 2: Ask your twin to "Recall a time when you felt tempted to avoid confronting someone when your dignity was violated." Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.

<b>PART 2: Others' response to y u</b>	
Person 1 -> 2: Ask your twin to "Recall a time when someone avoided confronting you when their dignity was violated." Prompt your twin to tell you more about that experience	Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.

<b>PART 3: What you observed others doing</b>	
<p>Person 1 -&gt; 2: Ask your twin to “Recall a time when you observed others avoiding confrontation when their dignity was violated Prompt your twin to tell you more about that experience</p>	<p>Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.</p>

<b>PART 4: Yourself</b>	
<p>Person 1 -&gt; 2: Ask your twin to “Recall a situation where you may have avoided confrontation even though something important needed to change.” Prompt your twin to tell you more about that experience.</p>	<p>Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.</p>

**Temptation 7:  
BEING THE VICTIM**

*Don't assume that you are the innocent victim in a troubled relationship. Open yourself to the idea that you might be contributing to the problem. We need to look at ourselves as others see us.*

*Take turns and ask each other to tell you fully about the experience.*

<p>Person 1 -&gt; 2: Ask your twin to "Recall a time when you felt tempted to see yourself only as the victim in a difficult situation." Prompt your twin to tell you more about that experience.</p>	<p>Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.</p>

<b>PART 2: Others' response to y u</b>	
<p>Person 1 -&gt; 2: Ask your twin to "Recall a time when someone saw themselves as the victim in a situation involving you" Prompt your twin to tell you more about that experience.</p>	<p>Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.</p>

**PART 3: What you observed others doing**

Person 1 -> 2: Ask your twin to “Recall a time when you observed others presenting themselves only as victims in a situation.” Prompt your twin to tell you more about that experience.

Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.

**PART 4: Yourself**

Person 1 -> 2: Ask your twin to “Recall a situation where you may have focused on being the victim rather than reflecting on your own role.” Prompt your twin to tell you more about that experience.

Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.

**Temptation 8:  
RESISTING FEEDBACK**

*Don't resist feedback from others. We often don't know what we don't know. We all have blind spots; we all unconsciously behave in undignified ways. We need to overcome our protective instincts and accept constructive criticism. Feedback gives us an opportunity to grow.*

*Take turns and ask each other to tell you fully about the experience.*

<b>PART 1: Your response to another</b>	
Person 1 -> 2: Ask your twin to "Recall a time when you felt tempted to resist feedback about your behaviour." Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.

<b>PART 2: Others' response to y u</b>	
Person 1 -> 2: Ask your twin to "Recall a time when someone resisted feedback you tried to offer them." Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.

<b>PART 3: What you observed others doing</b>	
<p>Person 1 → 2: Ask your twin to “Recall a time when you observed others resisting constructive feedback.” Prompt your twin to tell you more about that experience.</p>	<p>Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.</p>

<b>PART 4: Yourself</b>	
<p>Person 1 → 2: Ask your twin to “Recall a situation where you may have resisted feedback that could have helped you grow.” Prompt your twin to tell you more about that experience.</p>	<p>Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.</p>

**Temptation 9:**

**BLAMING AND SHAMING OTHERS TO DEFLECT YOUR OWN GUILT**

*Don't blame and shame others to deflect your own guilt. Control the urge to defend yourself by making others look bad.*

*Take turns and ask each other to tell you fully about the experience.*

<b>PART 1: Your response to another</b>	
Person 1 -> 2: Ask your twin to "Recall a time when you felt tempted to blame someone else in order to protect yourself." Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.

<b>PART 2: Others' response to you</b>	
Person 1 -> 2: Ask your twin to "Recall a time when someone blamed you in order to justify their own actions." Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.

<b>PART 3: What you observed others doing</b>	
<p>Person 1 -&gt; 2: Ask your twin to “Recall a time when you observed others blaming or shaming someone to deflect responsibility.” Prompt your twin to tell you more about that experience.</p>	<p>Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.</p>

<b>PART 4: Yourself</b>	
<p>Person 1 -&gt; 2: Ask your twin to “Recall a situation where you may have blamed someone else rather than acknowledging your own responsibility.” Prompt your twin to tell you more about that experience.</p>	<p>Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.</p>

**Temptation 10:**

**ENGAGING IN FALSE INTIMACY AND DEMEANING GOSSIP**

*Beware of the tendency to connect by gossiping about others and damaging their self-respect. Being critical and judgmental of others when they are not present is harmful and undignified. If you want to create intimacy with another, speak the truth about yourself, about what is happening in your inner world, and invite the person to do the same.*

*Gossiping can be cyberbullying or name-calling on social media.*

*Take turns and ask each other to tell you fully about the experience.*

<b>PART 1: Your response to another</b>	
Person 1 → 2: Ask your twin to “Recall a time when you felt tempted to gossip about someone who was not present.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.

<b>PART 2: Others’ response to you</b>	
Person 1 → 2: Ask your twin to “Recall a time when someone gossiped about you or criticised you behind your back.” Prompt your twin to tell you more about that experience.	Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.

<b>PART 3: What you observed others doing</b>	
<p>Person 1 -&gt; 2: Ask your twin to “Recall a situation where you may have spoken critically about someone when they were not present.” Prompt your twin to tell you more about that experience.</p>	<p>Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.</p>

<b>PART 4: Yourself</b>	
<p>Person 1 -&gt; 2: Ask your twin to “Recall a time when you observed others gossiping about someone who was not present.” Prompt your twin to tell you more about that experience.</p>	<p>Person 2 → 1: Ask your twin the same question. Prompt your twin to tell you more about that experience.</p>

## Human dignity and human rights

There are two aspects to human dignity, the individual and the relational. As an individual, the human being has the sovereign right to their own personal human dignity. The relational aspect brings into view the networks of belonging in which the individual participates. This participation must always be voluntary. Involuntary participation is a violation of the individual's personal human rights and dignity and negates the very idea of both aspects of human dignity.

As we say in the human rights course, my best protection for my human rights is to make sure you know what they are; your best protection for your rights is to make sure I know what they are. In that way, we are connected in a common endeavour to protect each others' rights in the interests of protecting our own dignity and rights.

## CONGRATULATIONS

Well done for completing the Human Dignity Workshop and Workbook; we hope you have enjoyed and learnt from your participation.

Your certificate will be issued when you complete and submit the feedback form.

So, what's next?

Our *What are Human Rights? Course* is your next step. This a very practical guide to making sure you know what the agreed human rights are and how to make them real for yourself and the people you know.

It also lays out a program for protecting human rights and dignity in every country and language community on Earth. We welcome your enrolment and look forward to hosting you there.

## Participant Feedback

*For certification, each participant will need to complete and submit this feedback sheet.*

Course Title							
Student Name & Number					Number:		
Student Email							
Course dates	From				To		
Trainer/s					No. in Group		

Please circle the number that reflects most closely how satisfied you were with the course overall											
Not at all satisfied											Very satisfied
1	2	3	4	5	6	7	8	9	10		

Would you recommend this course to a colleague? (please tick the most appropriate answer)

Yes: without hesitation

Yes: with reservations

No:

If you ticked, "Yes with reservations" or "No", what would we need to change for you to be able to recommend the course without hesitation?

How satisfied were you with...

**The information you were given about what you could expect from the course**

Not at all satisfied

Very satisfied

1 2 3 4 5 6 7 8 9 10

**The level and demands of the course**

Not at all satisfied

Very satisfied

1 2 3 4 5 6 7 8 9 10

**The quality of the teaching/training provided**

Not at all satisfied

Very satisfied

1 2 3 4 5 6 7 8 9 10

**The quality of the materials used to deliver the course (books, handouts, equipment etc)**

Not at all satisfied

Very satisfied

1 2 3 4 5 6 7 8 9 10

**The feedback on your progress**

Not at all  
satisfied

Very  
satisfied

1 2 3 4 5 6 7 8 9 10

Please use this space for any comments you would like to make about the course.

If you would like information about other learning opportunities with us, please complete the fields below.

Name .....

Address .....

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Telephone no: ..... E-mail address: .....

Training / Courses I would like to receive further information about are:

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Signed: ..... Date: .....

***THANK YOU FOR COMPLETING THIS FORM. YOUR CERTIFICATE WILL BE ISSUED TO THE NAME ABOVE AND SENT TO THE EMAIL ADDRESS YOU HAVE GIVEN.***