

# Honoring Dignity

Most of us are quite good at honoring the dignity of others, but there is always more to learn. Here are some questions that might be helpful in raising even a greater awareness of what it means to honor others. Go through the list of essential elements of dignity, ask yourself the following questions:

## **ACCEPTING DIGNITY**

*Do I communicate that I value those who I come into contact with, especially those who are different from me? Do people feel they can be their authentic selves with me?*

## **RECOGNITION**

*Do I routinely give praise and credit to members of my family, friends, co-workers, to my boss?*

## **ACKNOWLEDGEMENT**

*Do I routinely actively listen to others when I am with them? Do I validate their concerns, especially if they are saying something that is not easy to hear?*

## **INCLUSION**

*Do I go out of my way to include others in ways that make them feel like they belong?*

## **SAFETY**

*Do I routinely put people at ease when they have difficult things to say to me? Do I communicate to them that it is safe to “speak up”?*

## **FAIRNESS**

*Do I think about the impact my decisions and behavior have on others so that they feel that I treat them fairly?*

## **INDEPENDENCE**

*Do I routinely give people the opportunity to exercise their power so that I am careful not to be too controlling?*

## **UNDERSTANDING**

*Do I routinely give people the chance to speak their mind, especially at times when I may not initially agree with them? Do I “rush to judgment” before seeking a deeper understanding of their point of view?*

## **BENEFIT OF THE DOUBT**

*When I have an interaction with others, do I assume that they have integrity or do I assume they are not trustworthy?*

## **ACCOUNTABILITY**

*Do I routinely take responsibility for my actions when I hurt others (violate their dignity)? Do I apologize for my mistakes and make a commitment to change my hurtful behavior?*