

The Dignity *Index*

The Dignity Index can help people come together and treat one another with dignity. Use the tool to self-assess your biases and treat others how you like to be treated.

8

"Each one of us is born with inherent worth, so we treat everyone with dignity – no matter what."

7

"We fully engage with the other side, discussing even values and interests we don't share, open to admitting mistakes or changing our minds."

6

"We always talk to the other side, searching for the values and interests we share."

5

"The other side has a right to be heard. It's their country too."

4

"We're better than those people. They don't really belong. They're not one of us."

3

"We're the good people and they're the bad people. It's us vs. Them."

2

"Those people are evil and they're going to ruin our country if we let them. It's us or them."

1

"They're not even human. It's our moral duty to destroy them before they destroy us."

"Be devoted to one another in love.

Honor one another above yourselves." – Romans 12:10, NIV



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Building Skills for Dignified *Conversations*

Let's practice ways we can honor someone's dignity, especially when we disagree.

♥ **Be curious,** *not furious*

Try to learn more about a person and their views.

♥ **Regulate,** *then debate*

When you start to get upset, pause and take a breath before speaking.

♥ **Listen to hear,** *not to respond*

Intentionally listen to understand the other person's beliefs.

♥ **Challenge ideas,** *not the value of the person*

Speak your truth and do it with dignity.

♥ **Acknowledge** *knowledge*

Recognize when someone makes an interesting or logical point.

♥ **Build up rather than** *tear down*

Advocate, explain and build up your idea rather than attack others' ideas.

To learn more, visit dignityindex.us

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