

Student of dignity

Watch the 7:19min Video of 'Student of Dignity' on <https://www.insightexchange.net/creating-conversations/resistance-safety-language/>



“..in the most abject and horrible circumstance – how is it that people retain dignity, and preserve dignity and the dignity of one another.”

“... we negotiate dignity instantaneously... just the flip of an eye. Violence is committed in the flip of an eye. It's so quick. If you have been with a partner for 25 years you know that if he just gives you one of those looks, you know you're going to get it at home. It doesn't take much. A lot of what we are doing and dealing with is happening on a micro level and quicker than simple reaction time...”

“Socially we are protecting one another's dignity and we are really good at it. All forms of violence are a humiliation of dignity and the perpetrator of abuse is often not the person who will restore dignity to the victim. They are not going to get an adequate apology. They are not going to get an adequate acknowledgement.

And that is where we all come in. Our job is to uphold the dignity of the person. One of the things we don't do is go to advice giving. When we go to advice giving we are saying the person is not already competent enough to have thought of that themselves, and so advice giving is a humiliation of dignity.

So we have to be careful about our practices. So a dignifying practice instead of advice giving, is to ask – “Wow, that's a hard situation, how did you respond? What did you do? Then we begin to learn about their pre-existing competency, their pre-existing skill and awareness, their pre-existing efforts to be safe. We tap into their pre-existing dignity, spirituality, capacity. That's what we are looking for. That is the flame of dignity. That's what we want to uphold.”

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What surprised you? | What did you appreciate about that? | What might you reflect on?