



Live your dignity!

What is dignity?

**Dignity is more than a word,
because
every human being has dignity!**

**Dignity shows itself as an inner attitude
based on values, convictions
and self-respect.
It shapes feeling, thinking and acting.**

How do I notice that I am living my dignity?

Dignity is the experience that your worth is not negotiable – regardless of origin, social status and external circumstances.

Dignity is more stable than emotion. It is there even when you are insecure or overwhelmed and feel small or worthless.

Living and experiencing dignity means:

- I may exist without justification.
- I see myself and every other person as an independent being.
- I know and acknowledge my limits.
- I respect the boundaries and dignity of others.

Dignity shows itself through:

- Self-respect
- Inner and outer uprightness
- Clarity
- Personal responsibility
- Letting go of expectations
- Independence

Dignity arises from the interplay of inner values and outer actions.

When you act in line with your values – even under pressure – you live your dignity consciously and your sense of dignity grows.

The aliveness of my dignity

Step 1: **Self-observation without devaluation**

- Recognise where you make yourself small.
- Recognise where you make others small.

Self-awareness without condemnation enables change!

What am I living? How do I want to live?

Step 2: **Micro-actions of self-respect**

- Live a coherent, clear yes or no.
- Stand by yourself with honest statements, even when it gets uncomfortable.
- Make decisions that reflect your true worth.

Small steps – great impact!

Important to know:

Dignity and shame are opponents.

Shame says:

“Take care of yourself. Only show yourself when you feel safe!”

Dignity says:

“I see and know your true worth and all your values. Count on me and show yourself!”

Dignity is not a goal to be achieved.

Dignity is there and wants to be lived – always!

How can I live my dignity even more?

Repeatedly ask yourself questions like these.

about your behaviour:

- Do I make myself small?
- Do I accept myself as I am?
- Do I live in harmony with my values?
- Am I honest and authentic?
- Do I see and understand my needs?
- Do I take responsibility for my life?
- Do I own my mistakes and admit them openly?
- Can I perceive and accept my feelings?
- Do I know the reasons for my anger, insecurity and fear – also rooted in earlier experiences?
- Do I reflect on myself, my thoughts, my attitude, my behaviour, my words?
- Do I set boundaries?
- Have I stopped bending myself for others?
- Can I rejoice with others?

about your body awareness:

- Do I have an upright posture?
- Do I speak clearly?
- Do I set my own pace?
- Am I relaxed?
- Do I sleep restfully?
- Do I like getting up in the morning?
- Do I have zest for life and energy?
- Do I feel inner peace?
- Do I laugh at least once every day?

If your answer is no, turn it into a yes!

If your answer is yes, be proud of yourself!