

# THE DIGNITY INDEX®

Ease Divisions. Prevent Violence. Solve Problems.

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 here and a right to be heard. They belong here 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 everything 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.”*

Learn more at [dignity.us](https://dignity.us)



# Building Skills for Dignified Disagreement

Honoring someone's dignity can be difficult, especially when situations get **heated**. Follow these steps when stress rises – and join the movement with others working to **ease divisions**, **prevent violence**, and **solve problems** by choosing dignity over contempt.



## Be curious, not furious

When there is a disagreement, approach it with curiosity, using language that invites dialogue.



## Regulate then debate

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



## Listen to understand, not to respond

Really listen to the other person and consider summarizing briefly what you heard.



## Challenge ideas, don't attack people

Speak your truth but do it with dignity.



## Acknowledge knowledge

When someone else makes a logical or interesting point, acknowledge their point.



## Build up rather than tear down

Advocate, explain, and build up your idea rather than just attacking others' ideas and/or dehumanizing people.