Historically, humiliation has been experienced by many groups of people within United States’ society as well as in the broader global context. In order to prevent the continued humiliation of people based on these power dynamics, derivative of society’s institutions, it is important to have an understanding of how these patterns play out within groups and interpersonally. Humiliation is endemic within most modern structures that govern society and as students of the study of human dignity and humiliation we must always strive to “walk the talk.” Proper recognition of power relations as they relate to Diversity is paramount for successful communication and therefore facilitation of sensitive subjects such as peace and conflict. “Walking the talk” is a continual practice, perhaps never perfected. However, we must posit intelligence and respect into everyone and everything in order to evolve our patterns of interaction away from humiliation and toward dignity.