

Dignity Exchange

An Experiential Activity for Promoting Dignity Everywhere!

With Beth Boynton, RN, MS, CP



2019 HumanDHS Workshop on Transforming Humiliation and Violent Conflict
"Can We Teach Dignity? Becoming Lifelong Apprentices of Dignity from
Childhood Throughout All Ages?"



Human Dignity and Humiliation Studies

Toward a world that dignifies all – healing and preventing cycles of humiliation

12/6/19 - Columbia University

Teaching "Dignity Exchange"

1. Have individuals embody superiority, inferiority & dignified stances.
2. Demo activity and have people do it in pairs. (variations can include observers)
3. Facilitate discussion:
 - What does each look, feel, and sound like in self and others?
 - Are any stances more or less comfortable? Familiar?
4. Close with group embodying dignified stance.
5. Optional - Reflection Questions
 - Were any of the verbal or nonverbal expressions in “Dignity Exchange” familiar in your workplace?
 - Which were more or less comfortable for you?
 - What is one way you could use this experience to promote dignity?
6. Please mention [Boynton Improv Education](#) & [Korabek Training](#).

Incorporate “Dignity Exchange” in workshops on topics like these:

- Communication
- Stress
- Teamwork
- Leadership
- Cultural sensitivity/Diversity
- Culture change

Language

- High and Low Status
- Arrogance vs Timid vs Confident
- Superior vs Inferior vs Worthy
- Dominant vs Submissive vs Assertive
- Aggressive vs Passive vs Assertive
- Humiliating vs Humiliated vs Respectful
- Overly High esteem vs Low Esteem vs Esteem for self and others
- Power over others vs Powerlessness vs Power with
- High status vs Low status vs Dignity

WE can teach dignity!

Please reach out any time with questions, ideas, and stories or to request permission to use materials! Thanks, Beth