



Dignity

Quiz

1. You are part of a project group but the project lead completely ignores your contribution. What do you feel/think?

- a. Chilled - it's their loss and as long as I keep getting paid why should I care.
- b. Frustrated and insignificant – why won't anyone listen to me.
- c. Angry – why am I part of the team if they don't make use of me.



- 2. You are on a train and need to use the toilet. You sit on the loo and suddenly the door opens and someone walks in (you forgot to press the lock door button). Do you?**
- a. Think 'oh well accident's happen'.
 - b. Feel desperately embarrassed and humiliated.
 - c. Wish that you'd worn your new knickers/pants.



**3. You're at work and your manager screams angrily at you in front of your colleagues.
Do you?**

- a. Think this is an opportunity that will help me grow as a person.
- b. Think oh well, I probably deserved it.
- c. Feel upset, angry, humiliated and embarrassed.



4. Your partner takes it on themselves to redecorate and buys the paints and wallpaper without asking for your opinion. How do you feel?

- a. Disempowered and insignificant.
- b. Grateful that you don't have to be involved.
- c. Angry that they haven't considered you or asked what your preferences are.



5. You wake up one morning with a really angry spot on the end of your nose. Your partner sees it and smiles with glee, then pins you against the wall while he/she attempts to squeeze it. How do you feel?

- a. Relieved – thank goodness the spot will be gone.
- b. Pleased - you love making your partner happy.
- c. Abused – you said leave it alone but they ignored you and went for it anyway.



- 6. You are eating healthily and have lost lots of weight recently. You plan to visit your mother and before you go you tell her that you are on a diet. When you arrive she insists that you eat the chocolate cake that she's made in your honour. How do you feel?**
- a. Bullied – she's put you in a position where you have to succumb to her will.
 - b. Angry and frustrated that she's ignored you.
 - c. Pleased that she loves you so much she's gone to the trouble of baking.



7. You are at the bar buying a round of drinks but the barperson completely ignores you and continues talking to their friend. How do you feel?

- a. Grateful for the time away from your own friends.
- b. Insignificant and unimportant.
- c. So angry that you and your friends leave the pub.



8. You meet an old friend who you haven't seen for years and the first thing they say is 'gosh you haven't aged well'. How do you feel?

- a. Embarrassed and humiliated by what they've said.
- b. Delighted that they are taking an interest in you.
- c. Angry and hurt – how could they be so insensitive.



9. You find yourself involved in a road rage incident. The driver of the other car gets out and comes towards you shouting and swearing aggressively and then spits at you. How do you feel?

- a. Scared and intimidated.
- b. Not bothered at all.
- c. Abused and violated.



10. You have mild stomach pains when you leave for work. Whilst there, you are suddenly taken short and can't make it to the toilet. How do you feel?

- a. Mortified and embarrassed – how will you be able to face everyone again.
- b. Amused – it will be a talking point for a while.
- c. Philosophical – it could happen to anyone.

