

5 STEPS TO ADD REHUMANIZATION

"People are hard to hate close up."

Brene Brown



Rehumanization is the process of reversing the damage done by dehumanization. It applies to individuals or groups.

Rehabilitating one's way of perceiving the other in question in one's mind and in behaviors and actions.

1

Three humans things:

Find at least three things about the person that makes them a human being

2

Dignity:

Dignity for each person – Listen, share information, keep your promises

3

Respect:

Universal respect – applying that everyone deserve respect. That respect can come with boundaries for your own safety and wellbeing. It includes respect of self

4

Trust Community:

Building a strong community for yourself based on trust, caring and friendship

5

Three Relatable Things:

Find at least three things you can relate to in their life

Kindness

"Clear is kind. Unclear is unkind."
Brene Brown



What is the limit to being vulnerable with people?

Safety – physical or emotional safety

Take a moment to make sure that you are not adding to the dehumanization that seems to be increasing and be a champion for adding rehumanization to the conversations.