



Ghassan Aouad

Chancellor of Abu Dhabi University, Past President ...
2d



The Silent Struggle: The Lasting Impact of Humiliation and the Power of Dignity

Humiliation can happen in many places, like at work or home, and it can leave deep emotional wounds that last a long time. The effects of humiliation go beyond just feeling ashamed or embarrassed; they can hurt self-esteem and self-worth, creating a toxic environment that stops personal and professional growth.

Humiliation often comes from hurtful comments, public criticism, or situational settings, and at home by family members putting each other down. These experiences can make people feel inadequate and doubtful about themselves. When people are humiliated, they often struggle with self-respect, leading to negative thoughts and a poor self-image that can affect all areas of their lives, making it hard to build relationships or take new opportunities.

Humiliation can also lead to anxiety as people may keep reliving the humiliating moment, creating a cycle of negative feelings that is hard to escape. Trust issues can develop, making individuals withdraw for fear of being judged or rejected, which can lead to isolation and prevent them from seeking help or making new connections. In the workplace, humiliation can hold back professional growth; a person who feels belittled may avoid taking risks or speaking up, limiting their career chances.

In these tough situations, dignity becomes very important. Keeping one's dignity acts as a shield against the damaging effects of humiliation. It helps individuals stay true to their values and not compromise themselves for the approval of others. Choosing to walk away from humiliating experiences empowers people, showing that their self-worth doesn't depend on what others think or do. Valuing dignity also helps individuals set healthy boundaries, allowing them to recognize toxic situations and protect themselves by leaving a job or distancing from harmful relationships.

In conclusion, humiliation can deeply affect self-respect, emotional health, and relationships. It's vital to remember that dignity is more important than any job or relationship. Holding onto dignity not only builds personal integrity but also empowers individuals to regain their self-worth. As Maya Angelou wisely said, "You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it." This mindset can help people deal with humiliation and come out stronger on the other side.

