

Unconditional Human Worth

“When our value as human beings depends on what we make with our hands and minds, we become victims of the fear tactics of our world. When our productivity is our main way of overcoming self-doubt, we are extremely vulnerable to rejection and criticism and prone to inner anxiety and depression.” Henry J. M. Nouwen (1989)

1. In what ways have you measured your human worth?
2. In what ways have you been vulnerable to rejection and criticism by others by basing your worth on performance?
3. When you perceive you haven't performed to your or to others' expectations, what do you say to yourself? What are your thoughts in those moments? How do you feel in those moments?

Unconditional Human Worth—“You are important and valuable as a person because your essential, core self is unique, precious, of infinite, eternal, unchanging value, and good. Unconditional human worth implies that you are as precious as any other person” Glenn R. Schiraldi, Ph.D. (2001)

I will praise You, for I am fearfully *and* wonderfully made;
Marvelous are Your works,
And *that* my soul knows very well.

Psalm 139:14

Howard's Laws of Human Worth—5 Axioms (Claudia A. Howard—1982)

1. All have infinite, internal, eternal, and unconditional worth as persons
2. All have equal worth as people. Worth is not comparative or competitive.
3. Externals neither add to nor diminish worth. Externals include things like money, looks, performance, and achievements. These only increase one's market or social worth. Worth as a person, however, is infinite and unchanging.
4. Worth is stable and never in jeopardy (even if someone rejects you)
5. Worth doesn't have to be earned or proved. It already exists. Just recognize, accept, and appreciate it.

Self-Reflection

1. Do you exhibit unconditional human worth towards yourself?
2. Is it difficult for you to wholeheartedly accept any of these axioms? Why so?