



☞☞ Dignity Preservation Scorecard (Job Search Edition)

☞ Purpose

A quiet self-check to assess whether your **self-respect, emotional stability, and boundaries** are being preserved during a prolonged job search—before damage becomes invisible but deep.

This is **not** a performance score.
It is an **early-warning system**.

No fluff. No motivation language.
This tool is for **stabilization, clarity, and dignity preservation**.

☞☞ HOW TO USE THIS SCORECARD

- Rate each statement on a **0–3 scale**
 - ★ **0 = Not at all true**
 - ★ **1 = Occasionally true**
 - ★ **2 = Mostly true**
 - ★ **3 = Consistently true**
- No justification required.
- Answer as you are—not as you “should be.”

SECTION 1: Emotional Erosion Signals

Early signs that dignity is leaking internally

- ★ I do **not** interpret rejection or silence as a judgment of my worth.
- ★ I can go a full day without checking email or job portals compulsively.
- ★ I do **not** feel shame when asked about my current work status.
- ★ My self-talk remains respectful, even on unproductive days.
- ★ I do not feel inferior when comparing myself to employed peers.
- ★ I can sit with uncertainty without spiraling into self-blame.
- ★ I do not feel the need to “prove” my value in casual conversations.

Section Reflection (Optional):

☞ Where does erosion show up first—thoughts, body, language, or behavior?

SECTION 2: Boundary Strength

Your ability to protect energy, story, and time

- ★ I choose **when and to whom** I explain my transition.
- ★ I have a neutral, rehearsed sentence to describe my situation.
- ★ I do not overshare out of discomfort or pressure.
- ★ I can say “no” to unpaid, vague, or exploitative requests.
- ★ I limit exposure to advice that leaves me feeling smaller.
- ★ I disengage from conversations that trigger urgency or shame.
- ★ I do not apologize for being in transition.

Section Reflection (Optional):

☞ Which boundary is hardest to maintain—and why?

☞☞ SECTION 3: Daily Stability During Job Search

☞ Structure without hustle, rhythm without pressure

- ★ I maintain a consistent wake-up time most days.
- ★ I engage in **daily physical movement**, even if minimal.
- ★ I complete at least one task unrelated to job applications.
- ★ My day contains rhythm—not endless waiting.
- ★ I stop job-search activity at a defined time.
- ★ I sleep without replaying applications excessively.
- ★ I can name one thing I did well today—without needing validation.

Section Reflection (Optional):

☞ What stabilizes you most—routine, movement, creation, or silence?

SECTION 4: Identity Continuity Check

Are you still yourself outside employment?

- ★ I keep at least **one skill alive** that is not tied to hiring.
- ★ I practice or learn without needing approval or visibility.
- ★ I feel capable of growth even without external recognition.
- ★ I experience competence somewhere in my week.
- ★ I do not feel “on pause” as a human being.

☞☞ SCORING GUIDE (DO NOT RUSH THIS)

☞ **Total Possible Score: 72**

✱ 0–24 → Dignity at Risk

Your system is under strain. Stabilization—not optimization—is required.

✱ 25–48 → Dignity Holding, But Fragile

You are functioning, but erosion is present. Strengthen boundaries and rhythm.

✱ 49–72 → Dignity Intact

You are navigating uncertainty without self-betrayal. Protect this state.

⚠ Important:

A low score is not failure.

It is information—and information restores agency.

☞☞ ONE-SENTENCE REFRAME

“My worth is not suspended while my employment is.”

“If this article resonated, this one-page scorecard helps you quietly assess what’s holding—and what needs care.”