



“Self-Respect During Transition” Scorecard

**A Reflective Self-Check Tool for Times When Work
Disappears but Worth Must Not**

Purpose:

This is not a test.

There are no right answers.

*This scorecard is designed to help you **notice**, not judge — to see where dignity is quietly leaking and where it is still intact.*

Use it slowly. Honesty matters more than optimism.

SECTION 1 — INTERNALIZED SHAME INDEX

How much judgment have you absorbed without realizing it?

★ Rate each statement from 0 to 4

(0 = Not at all true | 4 = Extremely true)

1. I feel uncomfortable introducing myself without mentioning my job status.
2. I rehearse explanations in my head before meeting people.
3. I apologize internally when someone asks what I do.
4. I feel I need to “prove” that I am still trying.
5. I avoid social situations where my employment might come up.
6. I compare my worth to friends or peers who are employed.
7. I feel embarrassed resting or slowing down.
8. I feel like I am a burden rather than a person in transition.
9. I assume others are silently judging me.
10. I judge myself more harshly now than before unemployment.

★ Score Interpretation

- **0–10:** Shame is present but not dominant
- **11–20:** Shame is influencing self-perception
- **21–30:** Shame is shaping behavior
- **31–40:** Shame is actively eroding self-respect

Reflection:

Whose voice do these judgments belong to — truly mine, or inherited?

SECTION 2 — IDENTITY DEPENDENCE ON EMPLOYMENT

How tightly is your sense of self tied to your job role?

★ Rate each statement from 0 to 4

1. My job title was my primary source of confidence.
2. I felt more visible when I was busy.
3. I struggle to describe myself without referencing work.
4. I feel lost without professional structure.
5. I equate productivity with virtue.
6. Rest feels undeserved without output.
7. I fear being irrelevant more than being poor.
8. I feel pressure to return quickly rather than return whole.
9. I value myself less during this phase.
10. I believe dignity must be earned.

★ Score Interpretation

- 0–10: Identity is largely independent
- 11–20: Work plays a strong role in identity
- 21–30: Identity is highly work-dependent
- 31–40: Self-worth is fused with employment

Reflection:

If work disappeared permanently, what part of me would still remain undeniable?

SECTION 3 — DIGNITY-PRESERVING PRACTICES CHECK

What protects your self-respect when the world goes quiet?

★ Rate each statement from 0 to 4

1. I allow myself rest without guilt.
2. I choose when to explain my situation — and when not to.
3. I limit exposure to people who make me feel smaller.
4. I maintain daily routines that affirm self-worth (not productivity).
5. I engage in learning or reflection without pressure to monetize.
6. I avoid defining myself by timelines.
7. I speak to myself with the same respect I offer others.
8. I separate financial stress from personal value.
9. I allow uncertainty without panic.
10. I treat this phase as a passage, not a verdict.

★ Score Interpretation

- 0–10: Dignity is vulnerable
- 11–20: Some protective habits exist
- 21–30: Dignity is actively preserved
- 31–40: Strong inner ethics during transition

Reflection:

What one practice, if strengthened, would protect me the most right now?

FINAL — SELF-RESPECT DURING TRANSITION INDEX (SDTI)

★ Total Score (out of 120)

- **0–40:** Immediate dignity support needed
- **41–70:** Mixed resilience — protect what remains
- **71–95:** Healthy self-respect under strain
- **96–120:** Strong ethical grounding during uncertainty

★ Closing Reflection

Employment may pause. Dignity must not.

This scorecard is not about fixing yourself — it is about not abandoning yourself.

Not sure how much of your self-respect you're protecting right now?

Use the "Self-Respect During Transition" Scorecard — a quiet check-in when the world feels loud.