

Dignitism: A Framework for Resisting Populism

Dignitism is not an ideology. It doesn't dictate what people should believe or what their purpose in life should be. It is a **political framework** based on one fundamental truth:

Without dignity, people lose meaning. And when meaning collapses, populism moves in.

Core Principles

1. **People need purpose and meaning.**

To be human is to seek direction, coherence, and value in life. When these are missing, individuals suffer, and societies begin to fracture.

2. **Dignity sustains meaning; indignity destroys it.**

Dignity means feeling seen, respected, and capable of shaping one's life. When systems reduce people to commodities or ignore their humanity, the fabric of meaning unravels. This leads to withdrawal from society, often manifesting as anxiety, depression, and addiction.

3. **Populism offers cheap, highly processed meaning with dangerous additives.**

Populism feeds emotionally satisfying but intellectually empty narratives, such as:

- "You are superior because of who you are."
- "All your problems come from *Them*."
- "The old system failed and will fail again."

These ideas are easy to digest, but they don't address the deeper, more complex needs of individuals and society.

4. **To fight populism, fight indignity.**

The antidote to populism isn't better facts or mimicking populist policies. It's about restoring dignity—ensuring that people have access to **meaningful roles, shared narratives, and believable futures**, whether rooted in **tradition, progress, faith, community, or creativity**. By designing dignity into every policy, we create a society where meaning is nurtured, not manipulated.