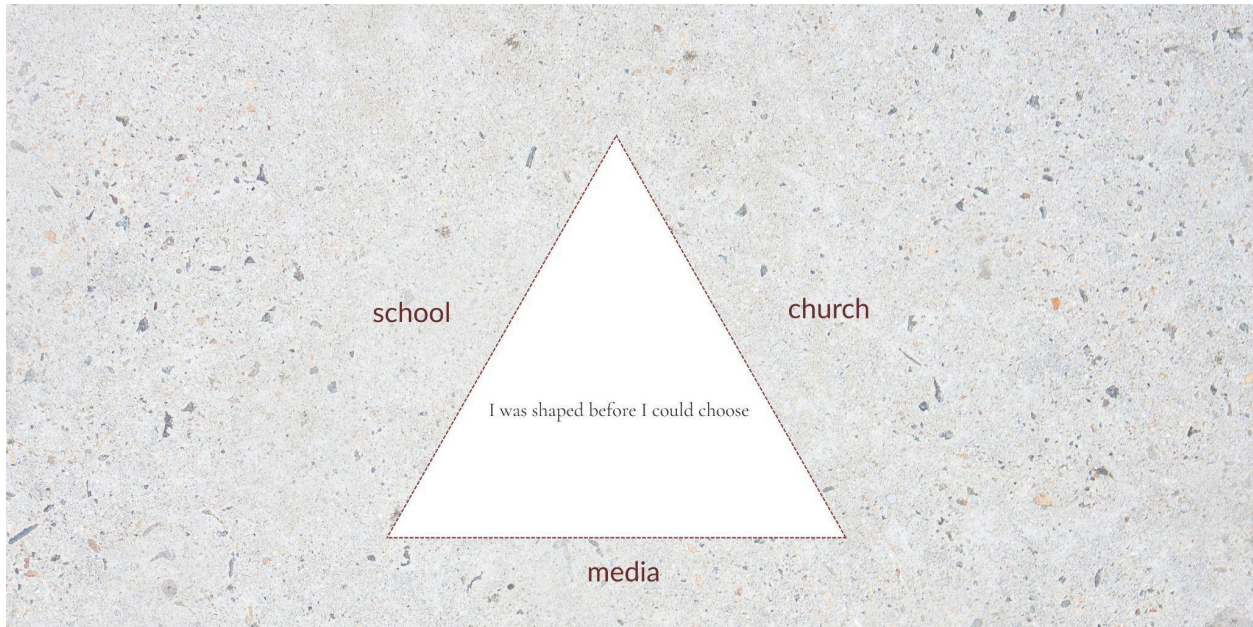


# The Triangle That Formed Me

*By a Human Dignity Advocate, for the Unlearning Generation*



*I have spent years inside systems that shaped how I think, what I fear, and how I perform.*

*These systems, **education**, **faith**, and **media**, claimed to protect and prepare me, but too often, they trained me for something else:*

**Obedience.**

*As a certified Human Dignity Advocate, I've come to believe this:*

***Dignity begins when we dare to tell the truth, liberate the mind, and free the soul.***

*This is not a piece of blame.*

*This is a piece of remembrance for those who feel the same.*

*If you've ever thought, "Something isn't right with the way we've been shaped,"*

***You're not broken.***

***You were shaped.***

*And now, you can choose what to become.*

# 1. The School

*I was taught to **memorize**, not to reflect.*

*To **pass**, not to pause.*

*To **bow**, not to breathe.*

*They said I was being educated.*

*But they taught me to respect authority, not to question it.*

*I learned the names of distant saviors, but not the silenced names in my own land.*

*They gave me maps of the whole world,  
but never let me travel in my own skin.*

*I can list the crops of Canada.*

*I can name the soils of France.*

*But I may die never growing rice for my own hungry brothers.*

***They taught me to perform. Not to live.***

# 2. The Church

*They told me to love my neighbor,  
but only if he obeys like me, speaks like me, believes like me.*

*If he questions, I should pray for him "as if he's sick."  
If he becomes queer or chooses another faith,  
I must mourn him like the dead.*

*They taught me to forgive by forgetting.  
They taught me to worship by wounding.  
They told me pain is sacred, as long as it keeps me silent.*

*They taught me how to follow God,  
but not how to **be free** in God.*

# 3. The Media

*Before I could speak, they taught me how to fear.  
Before I could dress, they told me what not to wear.  
Before I could choose, they showed me what to avoid.*

*I know who is cast as the villain.  
I know whose face is blurred and whose is broadcast.  
I know what words are used to protect the powerful:*

***"Alleged."***

***"Exceptional."***

***"Complicated."***

*The media didn't just inform me,  
**It scripted me.***

*But I've begun to rewrite myself,  
In my own words, with my own voice.*

## **What This Triangle Did to Me**

*This triangle: **School, Church, Media**, didn't kill me.  
It carved me.*

*It shaped how I view strangers,  
How I see myself,  
And how I measure truth, even when it hurts.*

*And now,  
**I am trying to unlearn it all.***

## **I Advocate Because I Scarred**

*I am a Human Dignity Advocate,  
Not because I have all the answers,  
But because I carry the questions.  
And the scars.*

*Because dignity cannot bloom  
In a system that only rewards obedience.  
I was taught everything,  
**Except how to be fully human.***

*Now, I write it all down.  
Before I forget again.*

### **Why Miroir Exists**

***Miroir** is not just a website.  
It is a **mirror** for anyone who has been shaped by systems that confuse:*

- *Care with control*
- *Education with programming*
- *Faith with obedience*
- *Information with fear*

*This is not an accusation.  
It is a liberation.*

*A call to unlearn.  
A call to **reflect**, not just to repeat.  
A call to **breathe**, not just to bow.*

*If any part of this feels like your story,  
**You are not alone.***

*Let's begin the unlearning, together.*