

*The Path to Humility:
Six Practical Sections for Becoming a
More Humble Person*



Self-Directed Learning Workbook

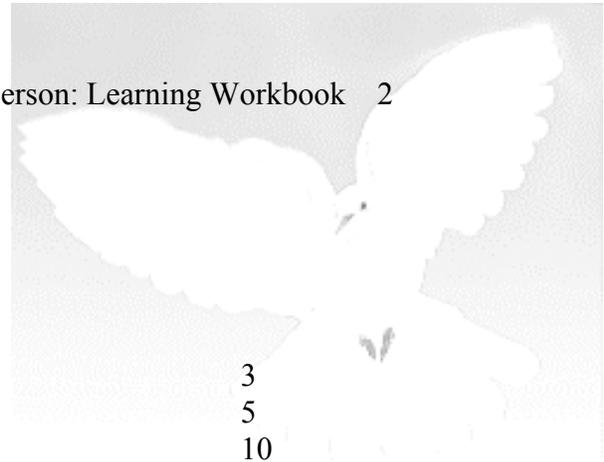
An Intervention to Promote Humility

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Introducing the Program

In this book, you will work through practical exercises with the goal of becoming a more humble individual. In this book, you will learn to be humble through applying a five-step method of showing humility across a variety of situations.

The method you will learn in this workbook is based on practicing a five-step model on a particular situation you have experienced in your lifetime. Like learning any skill, it is best to first practice this skill on any situation that is of moderate importance to you. If the situation you practice on is too traumatic and emotionally raw, you might be so distressed it may impede your ability to learn the method. If the situation has already been put far in your past and no longer bothers you, you probably won't be experiencing enough emotion to learn that the method can actually help relieve any emotional pain.

Once you have learned the five steps, you will apply them to a variety of situations. By doing so, you can broaden your humble character. You can truly become a person who handles adversity and success with grace and humility.

Design of the Book

The book is structured into six sections.

Effectiveness of the program to PROVE humility.

This workbook has its stylistic foundations in the REACH model for forgiveness, developed by Clinical Psychologist, Everett L. Worthington, Jr. Humility was an integral part of that program. Worthington has conducted many scientific studies that support the effectiveness of the method to REACH forgiveness including promoting humility. The model has also been discussed at scientific conferences; in magazines like *People* magazine, *O* magazine, *Redbook*, *Reader's Digest Canada*, virtually every major US newspaper, television shows (like *Good Morning America*, *The Jane Pauley Show*, *The Leeza Show*, *The Iyanla Show*, *Starting Over*, the *700 Club*, *CNN*). Thousands have gone through forgiveness groups similar to this workbook, and countless others have read about, seen, or heard about the method and perhaps tried it more informally.

Working within this framework, we have incorporated the most widely-accepted research on humility—much of which has been done by Worthington in collaboration with members of the VCU Positive Psychology Research Group (e.g., Dr. Don Davis, Dr. Joshua Hook, Dr. Daryl Van Tongeren, and graduate students Aubrey Gartner, Jeff Jennings, and Caroline Lavelock). We have developed a five-step method to help people PROVE to themselves that they can be more humble—assuming they wish to do so. This workbook improved not only humility, but also forgiveness, patience, and overall mood in its inaugural study when participants were assessed at a two week follow-up. PROVE is an acrostic to help people remember the steps, and we will unfold each of those steps as the workbook develops. The following are sources that informed this workbook and can be used for more information on humility.

Breggin, P.R. (2011). Humility, augmented by the deep breath technique. In H.G. Rosenthal (Ed.), *Favorite counseling and therapy techniques, second edition* (pp. 77-80). Hoboken: Taylor and Francis.

Davis, D.E., Worthington, E.L., Jr., & Hook, J.N. (2010). Humility: Review of measurement strategies and conceptualization as personality judgment. *Journal of Positive Psychology*, 5(4), 243-252.

Davis, D.E., Hook, J.N., Worthington, E.L., Jr., Van Tongeren, D.R., Gartner, A., & Jennings, D.J. (2010). Relational spirituality and forgiveness: Development of the spiritual humility scale. *Journal of Psychology and Theology* 38(2), 91-100.

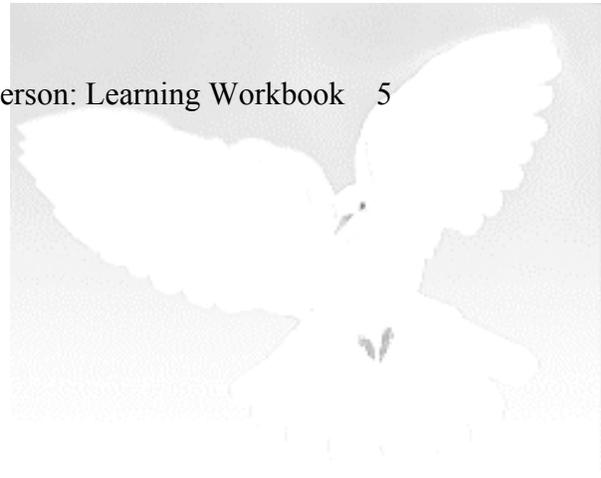
Davis D. E., Hook J. N., Worthington E. L., Jr., Van Tongeren D. R., Gartner A., Jennings D. J., & Emmons, R. (2010). Relational humility: Conceptualizing and measuring humility as a personality judgment. *Journal of Personality Assessment*, 93(3), 225-234.

Peterson, C. & Seligman, M.E.P.(2004). Humility and modesty. In Peterson, C. & Seligman, M.E.P.(Eds.), *Character strengths and virtues : A handbook and classification* (pp. 461-475).New York: Oxford University Press, USA.

Rodriguez-Mosquera, P.M., Manstead, A.S.R., & Fischer, A.. (2000). The role of honour-related values in the elicitation, experience, and communication of pride, shame, and anger: Spain and The Netherlands compared." *Personality and social psychology bulletin*, 26, 833-844.

Tangney, J.P. (2005). Humility. In C.R. Snyder & S.J. Lopez (Eds.), *Handbook of positive psychology* (pp 411-419). New York: Oxford University Press.

Worthington, E L. (2008). Humility: The quiet virtue. *Journal of Psychology and Christianity*, 27(3), 270-273.



Before You Begin

Welcome

Welcome to “The Path to Humility: Six Practical Sections for Becoming a More Humble Person.” If you haven’t done so already, you can read the following description at your leisure.

Do you want to become a more humble person?

What? A 6-section workbook that will help you develop a more humble character. In the workbook, you will discuss what you believe about humility, and you will learn a method for being humble in a particular situation. By practicing that method and reflecting on it, you will become a more humble person as you build a humble attitude and humility skills.

Who? This is for people who want to learn to become more humble individuals. They are willing to do this by learning and practicing a five-step method of humility.

How? Write responses to the BOLDDED items in this workbook. We also highly recommend that you *break up the workbook* using the sections provided as opposed to trying to do it all in one sitting. This workbook is necessarily repetitive so that you can learn new habits, which can be frustrating if you rush yourself. Take your time.

We best learn to be humble by seeking humility ourselves. As we learn what it is to be treated with humility, we become more eager to be humble. To aid us, we learn a method of humility for a particular situation. Then, we learn to apply those skills to other situations. We learn to be humble toward others, and we also can apply the same method to being humble toward ourselves, though this is particularly hard. Despite your efforts you might have *acted with humility* (or you might *not* have acted with humility), but the *emotional experience of humility* has eluded you. The workbook will teach members how to PROVE an experience of emotional humility

by working with a particular situation that you are willing to share (all events shared in the workbook are confidential). Or, you might want to participate in this study because you've generally been humble automatically all your life, but have realized that you have trouble being humble toward some people in some situations. Or perhaps, you want to learn how to act humbly faster and more thoroughly.

When? The workbook must be completed over two weeks in order for you to receive credit for participating. Completing the sections should take about six hours total, but go at your own pace. So that you minimize your need to review material, once you start a section, try to finish it in the same day.

Pre-Workbook Exercise *Assessments Prior to the Beginning of the Workbook*

You will learn to PROVE humility by working with a situation in which you did not act humbly. Or you might have acted humbly, but the peace and the emotional experience of authentic humility might have eluded you on this particular event. The workbook will teach you how to PROVE an experience of lasting *emotional* humility by working with a particular situation. You'll complete some instruments as you learn to be more humble. The instruments will ask you to rate your feelings and motivations about the particular event you are working on and about yourself in general. It is important that you always complete the instruments about the same event.

A word about your choice of an event to work with: If you were learning to play a sport—like soccer—you wouldn't try to learn the skills you need to play well by starting your play in the World Cup finals. You'd learn the skills by playing in a low-stakes scrimmage or practice session. In this workbook, you will seek to learn to be more humble by taking a situation in which you failed to act humbly. Perhaps you even acted arrogantly and look back on that arrogance with regret. Or perhaps you simply missed a great opportunity to act humbly and just deflected it, and went about your usual business. In either event, you now might look back with regret that you had the chance to act humbly and you feel you blew it.

Now, just like the World Cup analogy above, if you choose a really difficult situation that you are still very unsettled by, you'll have difficulty learning the skills of being more humble because the event is simply too hard to begin with. Also, sometimes events have a distinct beginning and end (such as one person who met an attractive potential romantic partner and found herself bragging obnoxiously to him, eventually driving him away). Yet, at other times events are ongoing and seem to involve new issues every day (such as one man who was promoted to head his work group and found himself almost incapable of not feeling like he was lording it over his co-

RHS

DIRECTIONS: For the following questions, please indicate what your **current thoughts and feelings** are about how you would describe yourself **in general**. Use the following scale to indicate your agreement or disagreement with each of the statements.

1	2	3	4	5
strongly disagree	mildly disagree	agree and disagree equally	mildly agree	strongly agree

1. ___ I have a humble character
2. ___ I am a truly humble person
3. ___ Most people would consider me a humble person.
4. ___ My close friends would consider me humble.
5. ___ Even strangers would consider me humble.
6. ___ I think of myself too highly.
7. ___ I have a big ego.
8. ___ I think of myself as overly important.
9. ___ Certain tasks are beneath me.
10. ___ Other people are inferior when they are with me.
11. ___ I come off as self-righteous.
12. ___ I do not like doing menial tasks for others.
13. ___ I know myself well.
14. ___ I know my strengths.
15. ___ I know my weaknesses.
16. ___ I am self-aware.

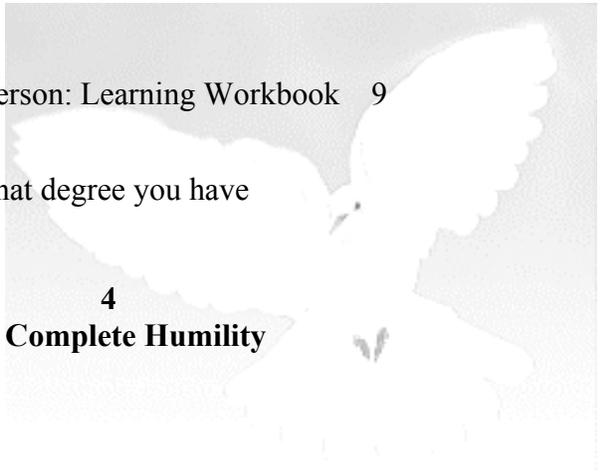
Single Item Assessment of Two Types of Humility

Note: We want you to rate two types of humility. For example, a person might perhaps decide to be humble but still feel very selfish and proud.

Decisional humility is defined as *deciding (even if you don't say aloud) that you will not seek to engage in prideful and selfish thoughts and behaviors but will try to emphasize the importance of others*. Using the scale below (from 0 = *no humility* achieved to 4 = *complete humility* achieved) estimate the current level to which you embody decisional humility.

0	1	2	3	4
No Humility				Complete Humility

Experiencing emotional humility is defined as *the degree to which you actually feel that your emotions have become less selfish and proud and more positive toward personal humility and the value of others*. If 0 = *No humility* experienced and 4 = *complete humility* experienced (that is, if you have experienced complete emotional humility, you have no prideful feelings and perhaps even some positive feelings toward acting and



thinking humbly), then use the scale below to indicate to what degree you have experienced emotional humility.

0
1
2
3
4

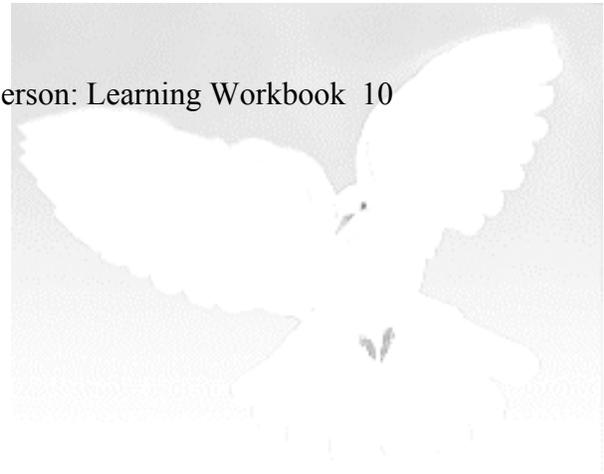
No Humility
Complete Humility

SHS

DIRECTIONS: For the following questions, please indicate what you imagine your **current thoughts and feelings** are about how you would describe yourself in relation to whatever you consider to be sacred, whether religious or secular. Use the following scale to indicate your agreement or disagreement with each of the statements.

1	2	3	4	5
strongly disagree	mildly disagree	agree and disagree equally	mildly agree	strongly agree

1. ____ I accept my place in relation to the sacred.
2. ____ I am comfortable with my place in relation to the sacred.
3. ____ I am humble before the sacred.
4. ____ I know my place in relation to nature.



Section 1

Humility in Context

Goal of Section 1

1. To investigate some of the things that famous literary works say about interpersonal humility—that is the humble acts of one person to another.

A Few Questions for Section 1

1. **To what degree do you think humility might be a free gift to others? To what degree is it conditional?**

2. **To what degree might humility of one person by another be conditional to the other?**

3. **In Texas, Karla Faye Tucker was executed for a brutal murder. She expressed great humility toward the families involved and toward God, and received a statement of forgiveness and support from one of the children of the people she had murdered. Do you think her humility made her more likely to be forgiven, as opposed to if she had just issued a standard apology?**

In this workbook, we are working from an assumption. We assume that you want to be more humble—that you are motivated to be more humble. We also assume that humility is not only a virtue that you can build and will benefit you in terms of physical health, mental health, relationships, and spirituality but it is also (and perhaps most strongly influential) something that you can do for the benefit of others. The Greeks used a term, eudaimonia, to talk about doing the right thing. Eudaimonia is best defined as virtue for yourself and others. Thus, we look to both personal self-beneficial and other-beneficial motives to act humbly. For some, there might also be religious motives for acting humbly, but others who are not religious or whose religions do not promote humility might not have those religious motives.

4. For yourself, would you estimate, at this moment, what degree you believe you are motivated to develop a character strength of humility (0 = *not at all* to 10 = *never more serious about anything in my life*):

 Degree of motivation to be humble
(0 to 10)

Regardless of how much motivation you feel you have to become more humble, please divide your subjective motivation into self-benefit, other-benefit, religious/spiritual. Suppose you allocate 100% of your motivation among the three. What percent would be attributed to each? (For example, if you were not very religious but wanted to benefit others more than you thought being humble would benefit yourself, you might answer as follows:

<u>30%</u>	Self-benefit
<u>65%</u>	Other-benefit
<u>5%</u>	Religious/spiritual
100%	Total (should add to 100%)

Now please partition your motives:

<u> %</u>	Self-benefit
<u> %</u>	Other-benefit
<u> %</u>	Religious/spiritual
100%	Total (should add to 100%)

Exercise 1-1
Experiencing Humility in Literature

The intent is to explore humility in famous literary quotes and discuss their meanings. This method is aimed at furthering knowledge about humility. There are four steps:

- Read the quote.
- Write one word that is a reaction to the quote.
- Read each quote again.
- Write a phrase that captures your feeling about the quote.

Quote 1

Humility does not mean thinking less of yourself than of other people, nor does it mean having a low opinion of your own gifts. It means freedom from thinking about yourself at all.

William Temple

Word:

Phrase:

Quote 2

It was pride that changed angels into devils; it is humility that makes men as angels.

St. Augustine

Word:

Phrase:

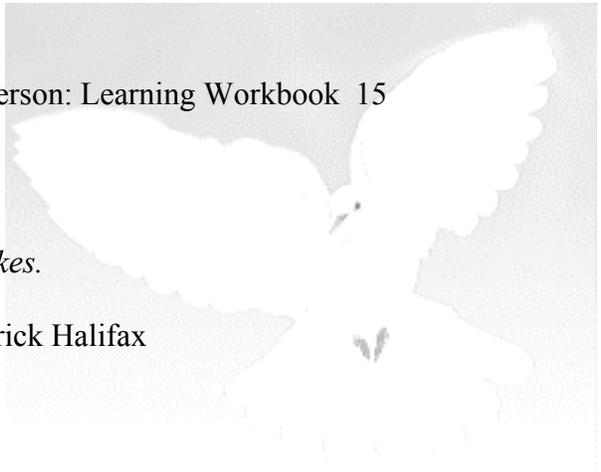
Quote 3

Keep me away from the wisdom which does not cry, the philosophy which does not laugh, and the greatness which does not bow before children.

Kahlil Gibran

Word:

Phrase:



Quote 4

True merit, like a river, the deeper it is, the less noise it makes.

Edward Frederick Halifax

Word:

Phrase:

Quote 5

Humility leads to strength and not to weakness. It is the highest form of self-respect to admit mistakes and to make amends for them.

John (Jay) McCloy

Word:

Phrase:

Quote 6

It is unwise to be too sure of one's own wisdom. It is healthy to be reminded that the strongest might weaken and the wisest might err.

Mohandas K. Gandhi

Word:

Phrase:

Exercise 1-2
Analysis of the Literary Quotes

Now that you have put some thought into what the literary quotes mean to you, answer each of these questions.

- **Which of these quotes best explains humility, to you?**

- **Is there anything different when two people act humble toward each other versus when it only goes one way?**
- **How do the quotes relate to each other? What is a common theme among them? What is different between them?**

Exercise 1-3
Seeing Humility in Action

Copy and paste the following link into your browser to see a famous example of humility from Ted Kennedy's 1969 Chappaquiddick speech.

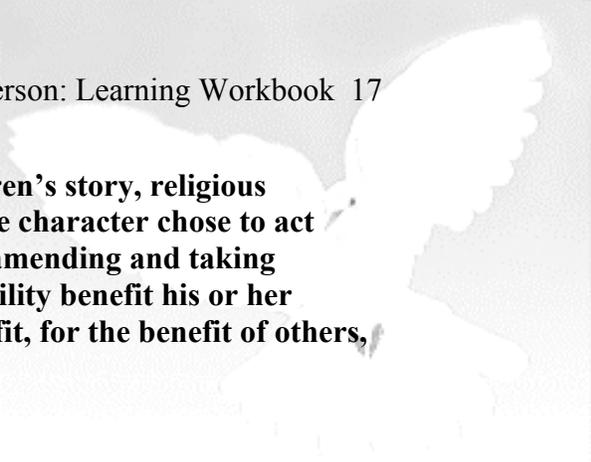
<http://www.youtube.com/watch?v=2M92JkUlzVM>

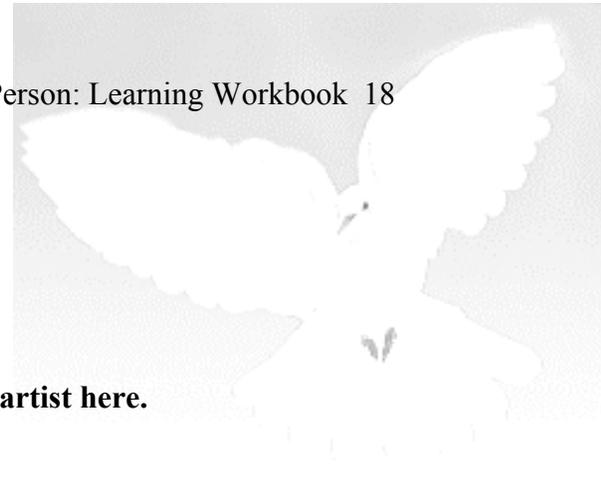
After watching, answer the following questions:

- 1. Why would Kennedy consider stepping down from his position of power?**
- 2. What, if anything, did Kennedy have to gain by his humility?**
- 3. How do you think Kennedy felt upon this act of humility?**

Exercise 1-4
Finding Your Own Example of Humility

Describe a classic story of humility, maybe from a children's story, religious passage, or movie plot. Explain the situation and why the character chose to act humbly, either in refraining from pride in good acts or amending and taking responsibility for unsavory acts. How did the act of humility benefit his or her situation? Was this primarily for the person's own benefit, for the benefit of others, or out of religious or spiritual conviction?





Exercise 1-5
Humility in Music

Find a song with a humility theme and list the title and artist here.

-Was this a song you already knew, or did you search for a song to fit the question?

Exercise 1-6
Discuss Whether Deciding to Act Humbly and Experiencing Emotional Humility Are Always Closely Linked to Each Other

For the purpose of this workbook, we would like to adopt a working definition of humility. We distinguish between making a sincere decision about what we are to do in a situation (e.g., making a decision to act in humility) and actually living out the felt experience of acting humbly regardless of the consequences. Thus, we will take it to be true that there might be two types of humility—decisional humility and emotional humility. We suggest that, while they might occur linked together, they can also occur apart from each other, as two different processes that can occur at different times with either one occurring first. In fact, some people can experience one and never experience the other.

We believe this holds true for other virtues, including humility, patience, forgiveness and self-control. In this workbook, we are focused on humility. One can decide to act humbly without experiencing the authentic, emotional experience of being humble. Or one can experience a sense of humility without having made a conscious decision to act humbly; it just seems to happen. Answer the following question.

How are emotional and decisional humility different?

How are they the same?

Would you expect emotional and decisional humility to occur at the same or different times? If different times, how far apart?

Exercise 1-7
Deciding to Try to Be Humble

This requires that you think about the event you identified during the Pre-Workbook Assessments. Referring to that particular situation, can you make a decision right now that you are going to *try to act humbly* and to *try to experience the freedom of emotional humility* over the next five sections?

- Do you want to *try to be humble and learn to stick by your decision*?
- Do you want to *try to experience the freedom of better feelings of humility*?

Exercise 1-8
Humility Contract

I declare to myself that on _____, 20____, I intend to try to use these workbook experiences and my work at home to try to understand what I should have done in the situation when I _____

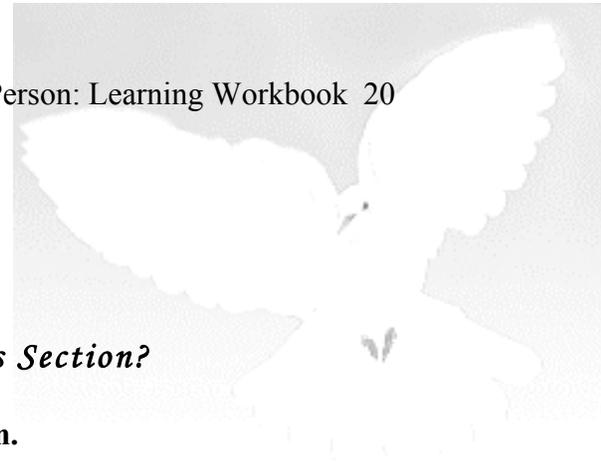
_____ and I also want to become more humble person.

Name (Signature)

Witness (Signature - Optional)

Exercise 1-9
Sign the Declaration of Intent

Complete the statement in Exercise 1-8 and sign it. If you wish, you can have someone witness your signature (but you don't have to do that). The important thing is to make your declaration of intent in writing to YOURSELF.



Exercise 1-10
What Did Your Get Out of This Section?

Write one (or more) thing that you got out of the section.

Some Ideas in Response to the Few Thought Questions for Section 1

1. To what degree do you think humility might be a free gift?

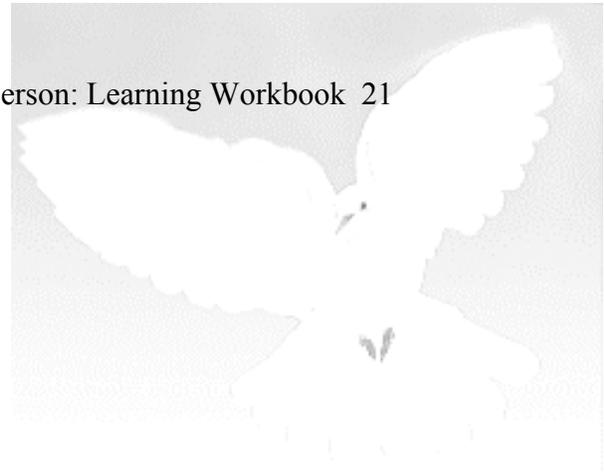
Humility can have emotional, physical, and psychological benefits to the individual exhibiting humility. Sometimes there is not time or opportunity to demonstrate the genuine humility you feel inside. In those instances, it will suffice to know that you *have* forgiven.

2. To what degree might humility of one person by another be conditional to the other?

We can't know the other person's motives. We cannot control the actions of others, we can only control our own.

3. In Texas, Karla Faye Tucker was executed for a brutal murder. She expressed great humility toward the families involved and toward God, and received a statement of forgiveness and support from one of the children of the people she had murdered. Do you think her humility made her more likely to be forgiven, as opposed to if she had just issued a standard apology?

Humility, along with many other virtues, has a tendency to lead to positive outcomes. Research has shown that people are more likely to forgive their offenders if the offender shows regret and admits their mistakes. While humility and regret are not the same thing, humility certainly helps a person to realize their mistakes and can lead to more meaningful apologies and forgiveness.

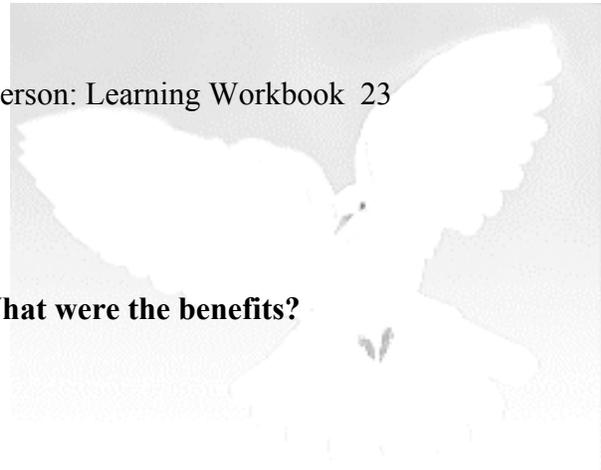


Section 2

What Is Humility?

Exercise 2-1
Why Be Humble?

Describe a time when you successfully acted humbly. What were the benefits?



Exercise 2-2
Identifying the Benefits of Forgiving

Often, taking credit for something good that you've done and being proud of your work are seen as legitimate alternatives to humility. List as many benefits of choosing forgiving as you can. Include benefits to the physical health, mental health, relationship, and any other aspect of life (like spiritual).

Physical Health

Mental Health

Relationship

Other

Exercise 2-3
Which Two of the Following Is Humility?

Some of the following ideas have been used to describe humility in the past. Two of them are accurate definitions of humility. Some of them are not quite right, and some of them are just plain wrong. Which are the right ones? What are the others if they are not humility? Select your two answers at the bottom of the page.

1. Telling others that someone else did your work.
2. Telling the truth.
3. Believing that nothing you do has meaning or worth.
4. Wearing clothes that cover the entire body or dressing so as not to attract attention.
5. Downplaying your accomplishments in hopes that someone will speak up on your behalf.
6. Volunteering at a soup kitchen.
7. Feeling sad when someone close to you suffers a loss.
8. Refraining from narcissism, conceitedness, and arrogance.
9. Recognizing one's small place in "the big picture" and valuing the beauty of that which is greater than you.
10. Viewing yourself accurately.
11. Quietly sharing your talents and resources with the world, without seeking recognition.
12. Thinking about others instead of yourself.
13. Acknowledging your obstacles.
14. Not making much conversation.

I choose _____ and _____ as the definition(s) of humility. Here's why: (write your reasons on the next page)

Explanations for Non-Humility Options

Here are reactions to each incorrect definition of humility. Read the prompt on the previous page. Then read the reactions.

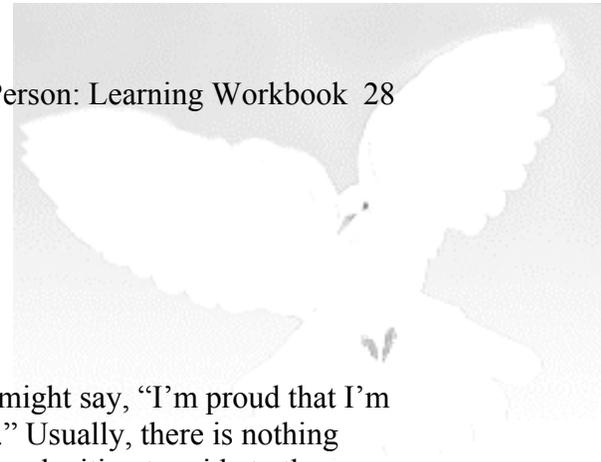
1. This is not necessarily humility. While it's absolutely important to recognize the contributions of others toward your work, this isn't an honest assessment. Humility should be honest at its core.
2. This is honesty. Honesty is a component of humility to some degree, but is just as easily a component of pride. The exercise of honesty makes a big difference between these two opposites. A person cannot be truly humble unless what he or she does is true, but one can be truthful without having a shred of humility.
3. This is low self-esteem, which is not a part of humility. Rather, humility involves a diminishing of thoughts about the self at all, not having negative thoughts about the self.
4. While this is not an all-encompassing definition of modesty, wearing clothing that keeps the body "decent" certainly falls under the modesty umbrella. Similarly, modesty is not an all-encompassing definition of humility, while it is a facet of humility.
5. This may appear to be modesty, but is in fact "false modesty," or what is commonly called "fishing for compliments." If the motive is to self-enhance, even by putting oneself down, it is not genuine modesty or humility.
6. Volunteering is a common form of altruism. This is a big component of humility, especially when you think of people well-known for being humble, such as Mother Teresa. Giving your time and energy to others shows humility; but many can be humble without being altruistic.
7. This is empathy. When combined with other positive acts, like altruism, sympathy, and love, as well as the absence of pride and narcissism, empathy is involved in humility. It does not explain humility on its own.
8. Humility is not merely the absence of these negative qualities. Something positive is also needed, like altruism and empathy.
9. *This is humility with relation to the sacred. It de-emphasizes the self and provides a sense of perspective of one's place in the world.*
10. One can accurately portray oneself and do so arrogantly or with poor self-esteem. True, one cannot be humble and have a false picture of oneself, but merely being accurate is not the same as being humble.
11. *This is another definition of humility. Humility is not a suppression of doing things that might earn you recognition, nor is it hiding out and seeing one's gifts as unimportant. It is the manner in which you execute your talents that defines humility.*
12. Emphasizing that which lies beyond the self, such as other people and other things, is very important to humility. But selflessness alone, like so many other constructs that have been mentioned, does not fully explain humility.
13. Knowing your limits is a key component of humility, as being realistic is very important to humility. Imagine someone with an inflated ego who feels that he or she can never be stopped. Realistically, everyone has a limit, and it is recognizing that limit that makes humility wise. Whether you choose to push that limit or accept it doesn't factor too much into humility, but it is knowing that you are human and can only do so much that matters.
14. This is shyness. While it may seem hard to imagine a very bold, outspoken person as someone who is humble, there can just as easily be people with big personalities who devote themselves entirely to others. Shyness can be a part of humility, but can also lack the warmth necessary to be truly humble.

Exercise 2-4
Assessing the Situation

Think about the time that you did not act humbly that you have decided to work with through this workbook (see page 7 where you wrote your first description of the event). Try to get back into how you felt around that period of your life, so you can remember vividly how you reacted to the situation. Which of these did you feel?

- ___ **Pride**: I felt the need to share my importance or the importance of my actions.
- ___ **Superiority**: I felt better than someone else.
- ___ **Narcissism**: I acted in my own self-interest.
- ___ **Selfish Thoughts**: I thought about myself and not about others.
- ___ **Over-Confidence**: I put too much stock into my own abilities.
- ___ **Condescension**: I put someone/something down.
- ___ **Defensiveness**: I played myself up in order to defend myself or feel as adequate as everyone else.
- ___ **Indecency**: I shared too much information about myself, my body, someone else, or something else.
- ___ **False Modesty**: I put myself down in order to hear others tell me how good or important I was.
- ___ **Other**: What were they?

Describe your feelings when you realized that you could have acted differently. Write at least 3 sentences about your feelings.



Exercise 2-5
The Burden of Pride

We use the word “pride” in lots of ways. For example, we might say, “I’m proud that I’m an American,” or “I’m proud of being a part of my college.” Usually, there is nothing wrong with that type of pride (but of course we can take even legitimate pride to the extreme where we are obnoxiously proud of our country or college). However, it’s the other side of pride that is the enemy of humility. It’s that feeling of superiority or arrogance or total self-sufficiency. That kind of pride is truly a burden. People dislike proud people. They tend to cut them out of social groups and act negatively toward them. Carrying that pride around can be burdensome.

This will help you make a decision to get rid of any pride you experience. Clasp your hands and extend your arms as far away from your body as you can. Imagine that in your hands is your burden of pride. You may not be ready to let go of this yet, so hold it for thirty more seconds. As your arms grow weary, think of all of the other things you could be doing with your hands (and with your life) if you could just let go and move on. Remember that holding this burden is hurting you, not anybody else, but letting go will help everyone.

Even though you may not be ready to figuratively let go, open your hands and let your arms fall back to their natural position. Remember the relief you feel, and embrace it when you are ready to be humble. (If you didn’t really release your pride at this point, we will revisit this after you have worked toward emotional humility.)

Exercise 2-6
What Did Your Get Out of This Section?

Write one or more things that you got out of the section.

For Further Study and Work Outside of the Workbook

Think of two recent examples in which you were proud and then humbled through making a decision to be humble and through emotionally acting with authentic humility. Also try to discern, relative to the period immediately after the event, whether you feel differently about it now. Do you think differently? Do you believe you would act differently or the same if that situation arose again? Does that mean you didn't fully act humbly, or is it something else?

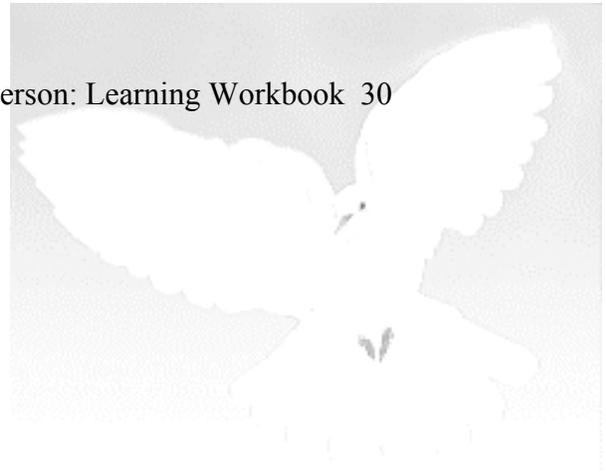
Some Ideas in Response to the Few Thought Questions for Section 2

1. Does it really matter how humility is defined?

It is important that we adopt a “working definition” of humility to use when we are working through this workbook. People legitimately differ in whether they think humility is, especially given all of the related parts of it that we visited in this section. Regardless of how humility is begun, when it is complete, we have made a decision to be humble and will have begun to experience different emotions. We might also have different thoughts, beliefs, and actions. Experience from all of our groups has taught us that people can benefit the most by accepting a working definition and sticking with it—at least while working through the workbook. So, even if you think of humility a bit differently than we are describing it, would you suspend your own definition for the time being and work through this workbook thinking along with us? That is, we are treating humility a few different ways (1) as a decision about how you intend to act in a situation, (2) as an emotional replacement of negative emotions with more positive emotions, which causes humility to come more naturally, (3) as a way of thinking and behaving regarding our accomplishments and the welfare of others, and (4) our place in the grand scheme of things.

2. Why *should* I be humble? Should I be humble primarily to avoid the burden of pride? Should I be humble because I get physical, mental-health, relationship, or other benefits? Should I be humble and forgo the right to seek justice?

There is no single reason why we should be humble. As complicated humans living in complicated communities, it is good for us to be humble—physically, mentally, relationally, and even spiritually, if you are so inclined, and it is good for society that more people be humble. Yet, we have found that when people are humble for these “instrumental” reasons, they paradoxically often do not receive the depth of humility that they get when they are humble because they experience altruistic love and want to grant a gift to humanity. This is a great challenge. This is humility.



Section 3

*Pick a Time When You Weren't
Humble*

Exercise 3-1
Decisional Humility

Answer the following two questions:

Have you made a *decision* (regardless of your feelings) to think about how you could have acted differently/more humbly for the target situation that you picked out at the beginning?

What does making such a *decision* mean for your future behavior? Will you do anything differently than you have been doing?

Hopefully, you now feel that you've made a sincere decision to be more humble regarding this target. But making a decision to be more humble is far different than actually experiencing humility in your life. Otherwise, all we would have to do is make a New Year's resolution that we won't be prideful, arrogant, or self-righteous, but we wouldn't have to act on it. But, indeed, although making a decision is necessary, it is not sufficient to really change. You need to PROVE it to change. The remainder of the workbook is about moving through five steps so you can PROVE your humility. Your memory for each of the five steps will be cued by one of the letters of PROVE. So, now you will work through these five steps to PROVE humility.

P=Pick a Time When You Weren't
Humble

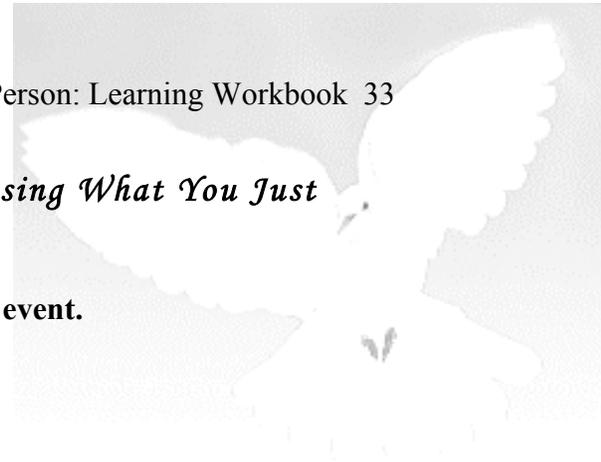
Exercise 3-2
Recall the Situation Through Imagination

Take some deep breaths before beginning this section. We are about to really start working toward humility. Quiet yourself, relax. Picture the situation. Picture the experiences you had during and before and after the situation. Remember conversations and other experiences of events.

Exercise 3-3

Recall the Situation through Discussing What You Just Imagined

Write about your story. Try to create a vivid picture of event.

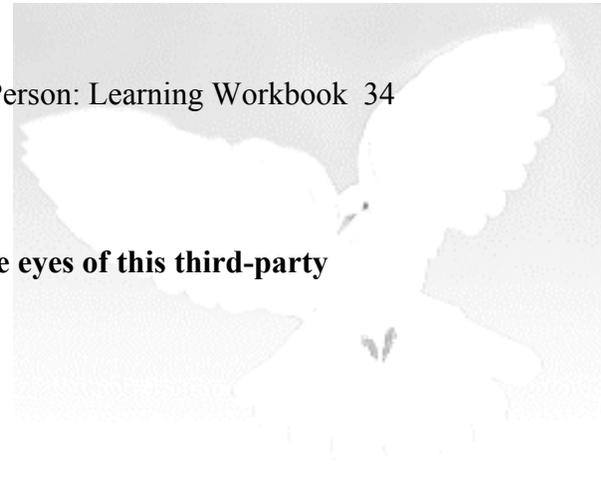


Exercise 3-4
Discussion of Events Objectively

Rationale: We aren't going to get anywhere if we keep telling the story repeatedly from our point of view. We need another, more objective story. So visualize as a 3rd party observer. Get more distance on the story. Do the imagery. Try to make it as elaborate as you can.

a. Share the story again, but this time without emphasizing the emotions of the parties involved or the consequences this has had.

b. What are the differences between the first and second versions of your story?



c. What should have been done differently, in the eyes of this third-party observer?

Exercise 3-5
Giving the Burden of Pride Away

Let's try this again to remind you of what you are prepared to do. You will get the most out of this exercise if you use your body. Stand. Imagine you are holding the hurt in your hands. Hold your arms out and think about this picture as what you might be doing with the pride you felt from the situation you've described. You are trying to keep it contained inside your hands. You are trying to keep it at arm's length from you. If you, in fact, stand and hold your arms out for a while, after about a minute of this, your arms will get tired and feel heavy and burdensome. Can you see how this is a metaphor for the burden of pride?

Now, if you've done this, imagine yourself making a decision to release the pride. To symbolize this—regardless of whether you feel like really being humble at this moment—open your hands and suddenly let your arms fall to your sides. (You may choose to do this exercise with actually holding an object that represents pride.)

You might actually want to make a decision to start a more humble lifestyle right now. If you do, that will not necessarily mean that you feel any differently toward the situation or humility in general. Your feelings will be more affected by the following sections as we work through emotional humility. But in decisional humility, you make a decision to act differently. You agree with your self to stop acting with pride and start trying to treat all people and things as a valuable.

Are you able to make the decision to be humble? Importantly, type in one of the options below that expresses your current status of decision-making:

Yes, I have decided to be more humble (and I'll try to act like it in the future)
No, I have not yet decided to be humble; maybe later in the workbook

Right now, it seems that I'll never be able to be humble, even though I want to
Right now, I can't see that humility is going to happen for me

Later, after trying to change your emotions toward the situation, you can come back to this. If you haven't been able to make a decision to be more humble right now, you might find it easier later.

R = Remember Your Abilities and Achievements Within the Big Picture

Exercise 3-6 *We Do Things for Reasons*

Write about a time when *you accomplished something*. What did you feel, think, see, and do *before, during, and after*.

What could you have done before, during, and after the event to treat it with humility? Think along the lines of compassion, openness, altruism, and perspective-taking.

Exercise 3-7
Examining Importance

How does the importance of your accomplishment or ability influence your ability to act humbly? How is the humility experience different with someone who is close to you than with someone who is just an acquaintance or even a stranger?

Exercise 3-8
A Thought to Ponder Prior to Next Section

A concluding thought to ponder this week:

We all do things that we believe are important. (These might not seem like good reasons to be proud to some people.) Because we have all had this experience of pride even with the best of intentions, we can understand that when we fail to act humbly (in our target situation), we probably had what we believed to be good reasons.

Exercise 3-9
What Did Your Get Out of This Section?

Write one or more things that you got out of the section.

For Further Study

Make a list of five times in your life—thinking back to early childhood, adolescence, and more recently—that someone you were affected by somebody’s pride, selfishness, narcissism, or condescension. Attempt to recall each situation objectively and think about the reasons why the person acted that way. How does that make you feel?

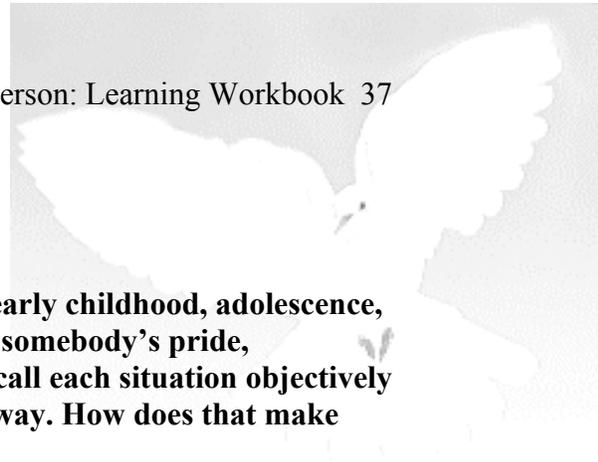
1.

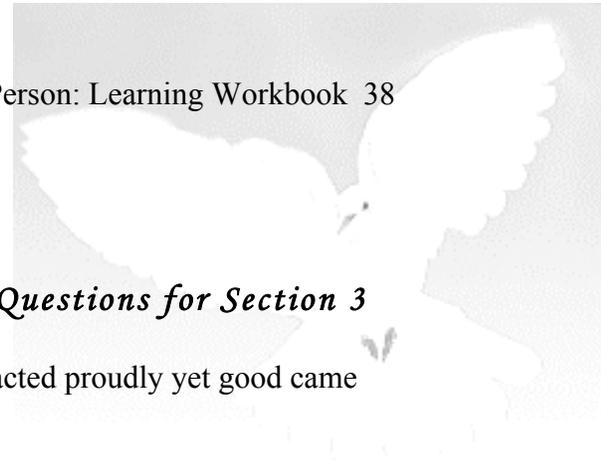
2.

3.

4.

5.





Some Ideas in Response to the Few Thought Questions for Section 3

1. Can you think of any examples in which someone acted proudly yet good came about from the event?

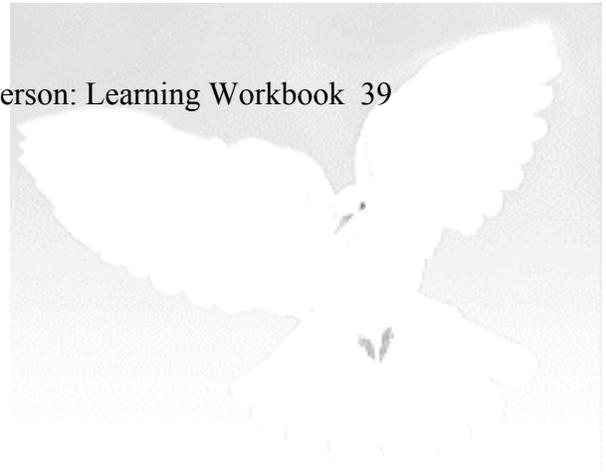
Often, pride can lead to success and other positive events. However, this prideful manner only brings about temporary happiness and meaning, especially when compared to a success that is brought about from humility and valuing others.

2. When you recall times that you were treated without humility, what are the effects of thinking and telling others about those events?

It is more likely that you will portray events executed with pride with an air of negativity, whereas humility is always shared positively. In other words, nobody ever complained about a humble person. Remember this when choosing how to act, as prideful acts will probably not be remembered positively. Further, by surrounding yourself with humble people, you will have less negativity in your life, both in how people treat you and in how you react to them.

3. Why is dealing with a proud person generally pleasant or unpleasant for you?

Being with someone who is proud or trying to be overly important can be exciting at first, since pride often leads to action and even drama. If you ever remember being ready to “get away from high school drama” or “grow up and move on,” you were probably tired of people being proud, conceited, and selfish. This grows to be a very unpleasant experience.



Section 4

*Remember Your Abilities and
Achievements within the Big Picture*

*R = Remember Your Abilities and
Achievements within the Big Picture*
(continued from the previous section)

Exercise 4-1

Remember: We Do Things for Reasons

The previous section, you thought of a time when *you accomplished something*. We all do things that we believe are important. (These might not seem like good reasons to be proud to some people.) Because we have all had this experience of pride even with the best of intentions, we can understand that when we fail to act humbly (in our target situation), we probably had what we believed to be good reasons.

Since the previous section, do you still believe this idea has merit? Why?

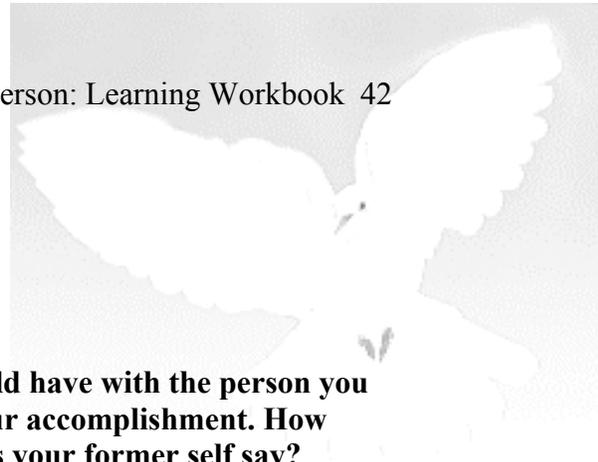
Exercise 4-2

Trying to Understand Our Place

Pertaining to the target situation:

a. Write about some things that you think are more important than whatever it was you were not being humble about.

b. Do you think your thoughts and actions were appropriate in reference to “the big picture?”



Exercise 4-3
Role Play

a. Write about a hypothetical conversation you would have with the person you were in the target situation about the importance of your accomplishment. How does this conversation go? What do you say? What does your former self say?

(Example)

Me: I don't feel good about the way you acted when you _____.

Former Me: Why not?

Me: I don't think you should have acted like you were so important because in reality, there are more important things, like _____. You should have done _____.

Former Me: I'm sorry for causing you unrest. I'll remember this the next time I am tempted to act proud or boastful.

(Now you)

[Try to have at least three meaningful exchanges between Me and Former Me]

b. Did you consider what your former self was feeling at the time?

Exercise 4-4
Thinking About "The Big Picture"

Rank the following things in importance relative to "The Big Picture," with 1 being the most important. There are no wrong answers, this is simply so you can remember what you think are the most important things in life.

___ **Advances toward the well-being of humanity (cures to cancer, ending world hunger, etc)**

___ **The well-being of those close to you (family, friends, significant others)**

___ **Day-to-day activities**

___ **The natural wonders of the Earth**

___ **How many people "like" your facebook status**

___ **Doing small good deeds**

___ **God, or whatever you hold as sacred**

___ **Spending time doing activities that you enjoy**

___ **Getting credit or recognition for work you completed**

___ **Being able to connect with people, places, and things outside of yourself**

___ **Leading a meaningful life**

___ **The order of the universe**

___ **Making other people happy, even if they're strangers**

___ **Other: _____**

*Exercise 4-5
Where You Fit*

Answer this: **Where does your situation of non-humility fit among those rankings? Between what and what?**

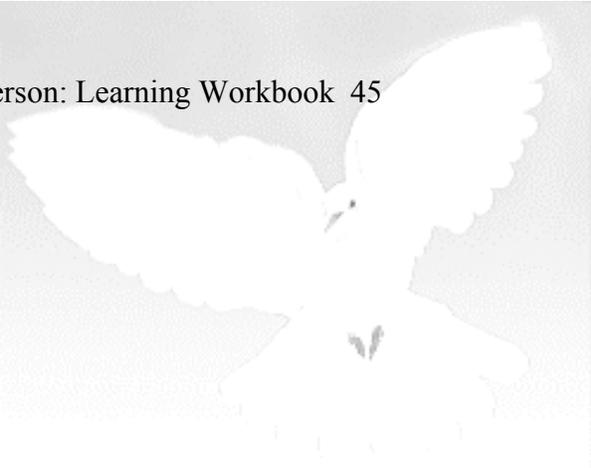
Now pick a significant person in your life who has, in some way, acted as a role model for you during your past. Think of five things you appreciate about that person, and write about them. Try to write a thoughtful analysis and not just make a bulleted list. Write a short letter of appreciation to that person, describing how they have influenced you and how you wouldn't be who you are today without them. How does writing this letter make you feel?

Now that we've discussed some things that you think are very important, describe yourself humbly in terms of "The Big Picture."

*O = Open Yourself and Be More
Adaptable*

*Exercise 4-6
When Did You Do Something Humble for Someone Else*

Write about a time when you did something humble in the interest of somebody else. Describe what you did. Describe how you felt about doing it. How did you feel after you had done this humble act (or refrained from a prideful/selfish act)?



*Exercise 4-8
For Contemplation*

We often exaggerate the distance between our abilities and the abilities of others, just because we are more familiar with ours. More frequently than not, a hard search of our lives and a little letting go will reveal the same energy of capability among humanity, even if we do not act it out in the same ways or with the same outcome.

A major component of humility is being able to step away and let somebody else take the reins, as well as to be open to trying something new. A classic example of pride comes from being too stubborn to do something differently than how you always did it before. Change can be scary, but what's even scarier is not to change when it serves to your benefit. We usually find in these situations that the exaggerated distance we create in our minds between our abilities and the abilities of others isn't so great after all.

*Exercise 4-9
Love and Judgment*

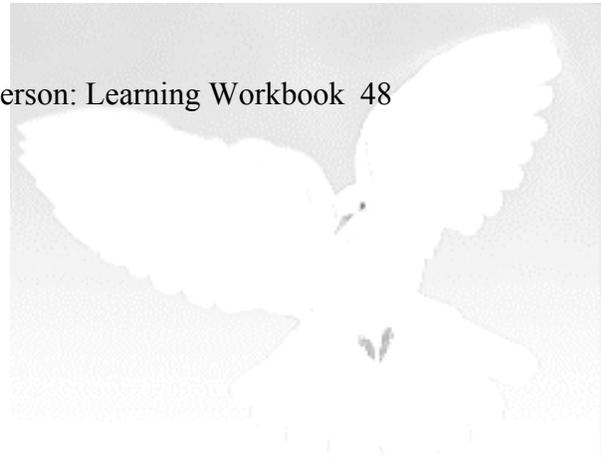
Part of being open to others, and a large part of humility, is learning not to pass judgment. Judgment puts us on a pedestal of pride that assumes to know everything going on in a person's situation. By understanding that there is more out there than we can know, and that we are all fallible human beings, we can replace judgment with love and understanding.

Write about a time you disapproved of somebody's actions, whether it was a stranger or someone you are close with.

List the negative consequences of your judgment, whether they actually happened or could have happened (lost the relationship, etc). How could you have replaced your judgment with love and humility?

*Exercise 4-10
What Did Your Get Out of This Section?*

Write about one or more things that you got out of the section.



Some Ideas in Response to the Few Thought Questions for Section 4

1. Can you think of any examples in which someone lost touch with their perspective and felt-overly important?

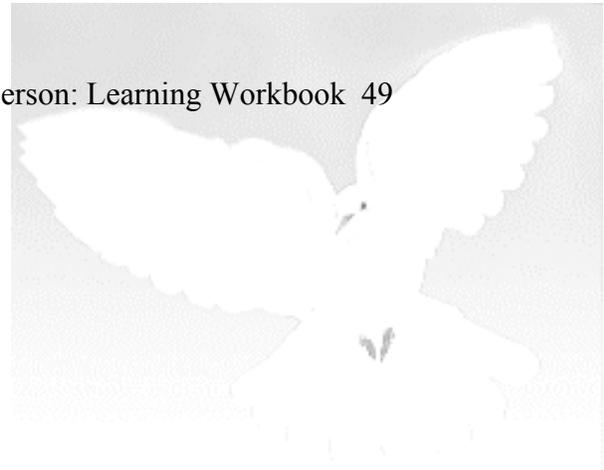
You probably can. But it's important as you're learning to be humble not to be judgmental of them, because they are human just like you. If anything, it will help motivate you to be more humble by knowing how it feels to be treated without it.

2. What is so important about keeping things in perspective?

Keeping things in perspective keeps us from getting carried away with our own thoughts, actions, and feelings. It also serves to protect us from the negativity that can creep up in our thoughts, actions, and feelings. Realizing what's really important when something is going wrong is a hallmark experience of humility.

3. Would you describe someone who has things in perspective as "down to earth?" How else would you describe them?

"Down to earth" is a good way to describe humility, and is often a way we describe celebrities who act like normal people. "Down to earth," if you think about it, is never used negatively, but is rather a term of refreshment. You might also describe these people as level-headed, on the same playing field, supportive, altruistic people who don't let their successes go their heads.



Section 5

*Open Yourself and Be More Adaptable
(cont.)*

and

*Value All Things, and Lower Self-
Focus: The Hard Part of Experiencing
Humility*

O = Open Yourself and Be More
Adaptable
(continued from the previous section)

Exercise 5-1
Benefits of Openness

Discuss three ways in which being open to other people's ideas, methods, and actions can be beneficial.

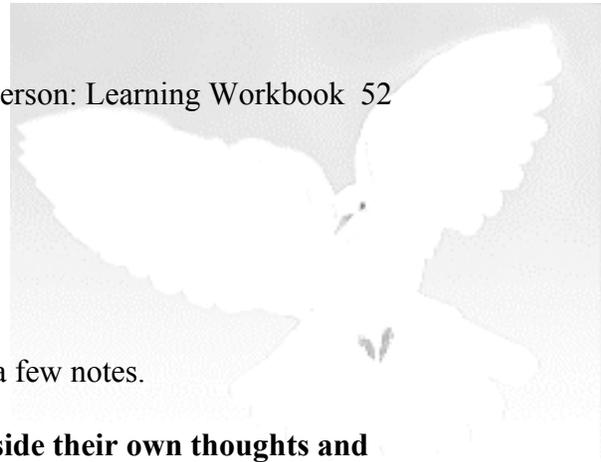
- 1.
- 2.
- 3.

How could openness or adaptability have benefitted your target situation when you weren't humble? What would have happened if you had chosen openness or adaptability instead?

Exercise 5-2
When Was Someone Open To You?

"Humility is the antidote to shame." Dan Allender

Recalling a Time When Someone Was Open to Your Ideas. Think back to a time in your past when someone put their opinions aside *and granted you the ability to choose the next action*. This might be from your childhood, a time when you were in high school or college, a time in your marriage or relationship, or an incident in some other relationship. What matters is that someone was *open to you*. Write a description of the event.



Now, answer the following questions in writing by jotting a few notes.

1. **What did it feel like for someone to put aside their own thoughts and opinions and let you lead the way?**

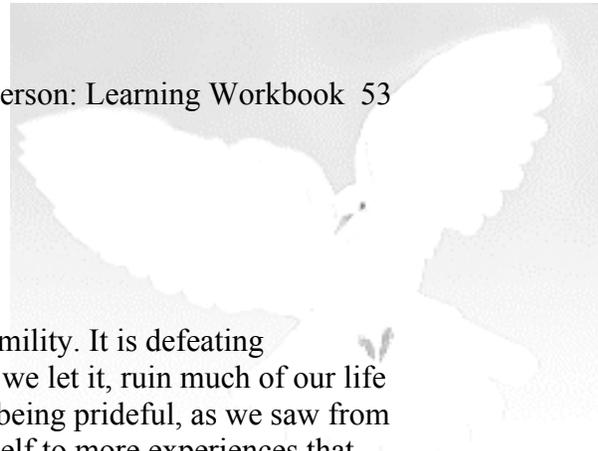
2. **What does it feel like in your body? Did you have butterflies? What about other parts of the body?**

3. **What would you call the emotions that you experienced as you realized that this person had humbled themselves to you?**

4. **Why would this person give you this gift of humility?**

Exercise 5-3
Openness in Our Future

Think of something that you know your pride is getting in the way of you changing. How can you use openness and adaptability to change this for the better?



In this workbook, we have painted a complex picture of humility. It is defeating something negative—pride—that seems to assail us and, if we let it, ruin much of our life and relationships. But humility is much more than just not being prideful, as we saw from the exercise when we defined humility. It is opening your self to more experiences that value the other person—empathy, compassion, love, and altruism, and it is opening yourself to do so modestly, without calling attention to yourself. Furthermore, true humility is accurate and it is making sure that you do not elevate your own needs over someone's who might trust you. Much of what we have done up to now is aimed at the first part—reducing pride. We now ask that you enter some exercises that help build the positive, other-oriented side of humility.

Exercise 5-4
Compassion and Altruism

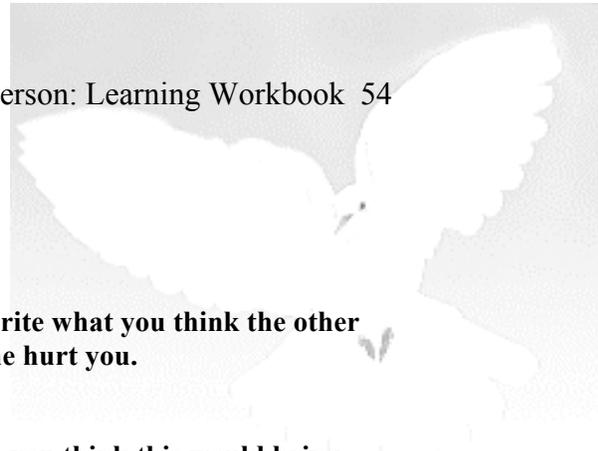
Compassion is feeling sorry for someone who is needy and wanting to do something about taking away their troubles. Altruism is unselfish regard for the good of the other person, and one theory says it springs from empathy for the person. Another writer (Robert Cialdini) has suggested that all altruism is at least in part motivated by satisfying our own needs as well as doing something that might be beneficial for another person.

Write about and reflect on your experience of an act of compassion and an act of altruism. State whether you experienced true empathic feelings or if there was an element of self-interest (that's okay too).

Analyze how you feel when you act compassionately. How do others feel when you extend compassion or altruism toward them?

Exercise 5-5
Forgiveness

Experiencing forgiveness is a way to put pride aside and put positive emotions like empathy, warmth, and love in its place. Pick a person who has hurt or offended you and whom you would like to try to forgive but have not been successful at doing so. Try to think of the most representative act of hurt or offense (if it is someone who has often hurt you) or think specifically about the act if the person has hurt you only once. Write an account of what happened, what you did, what the other person did, and what (of relevance) has happened since the transgression.



Now try to see things from the other person's perspective. Write what you think the other person was thinking, feeling, and experiencing when he or she hurt you.

Might you want to make a decision to forgive the person? Do you think this would bring you peace?

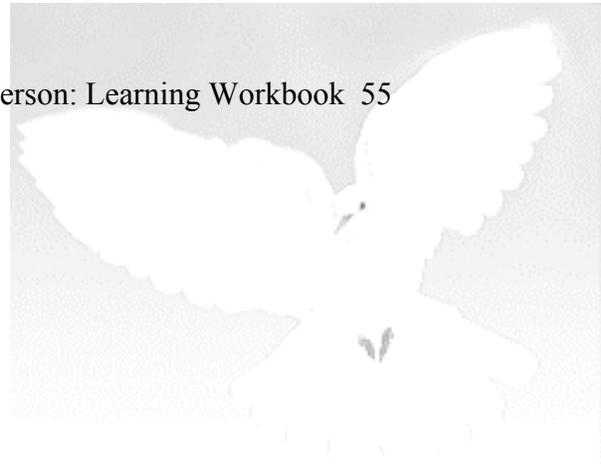
What negative emotions can you replace with positive emotions? How does this humble you?

Exercise 5-6
The Gift of Humility (I)

Just as you have benefitted from someone else showing you humility, you too can give the gift of humility to someone else by being open to them and adapting yourself to their benefit. Imagine the people involved in your target situation when you weren't humble. If given the opportunity now to give them the gift of humility, would you? Write about humble things you would be willing to do for them.

Exercise 5-7
The Gift of Humility (II)

Open "Paint" on your computer, it should be under "Accessories." Draw a gift (or something that symbolizes a gift) that you would like to give to the people in your target situation as a sign of your openness. Copy/attach it to this workbook or the return e-mail. After that, explain the meaning and significance of what you made here:



Exercise 5-8
A Crucial Question

On a percent basis, what percent of proud feelings have you replaced?

I have replaced _____ percent of the proud feelings I held with positive feelings of humility.

V=Value All Things to Lower
Self-Focus

Exercise 5-9
Getting in Touch with the Gratitude We Feel for Our Humility

Focus for a moment on how good it felt in the last section to talk about receiving a gift of humility. When you have been able to adopt this state of gratitude, do this exercise.

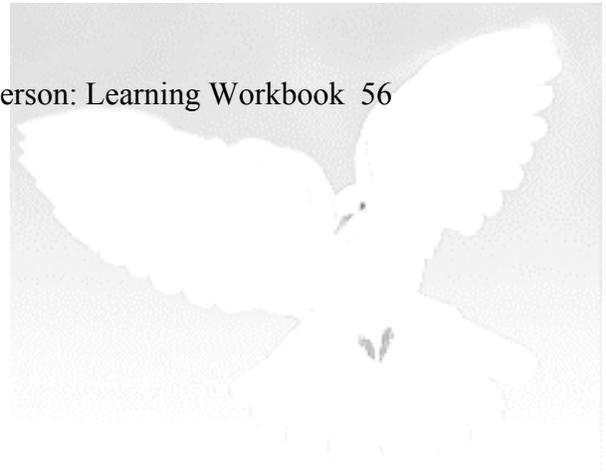
Exercise:

- **If you were going to write a letter of gratitude for all of the opportunities you have been given, what would you say? Write a few notes here:**

Exercise 5-10
What We're Grateful For

One of the best ways to get in touch with our humility is to count our blessings. Use this space to write things you are thankful for, and try to remind yourself of them as often as you can.

1. **These are the 10 things I am most grateful for in my life.**



- a.
- b.
- c.
- d.
- e.
- f.
- g.
- h.
- i.
- j.

2. I have reviewed the last five days and thought of three daily events that I am most thankful for for the last five days.

Today

- a.
- b.
- c.

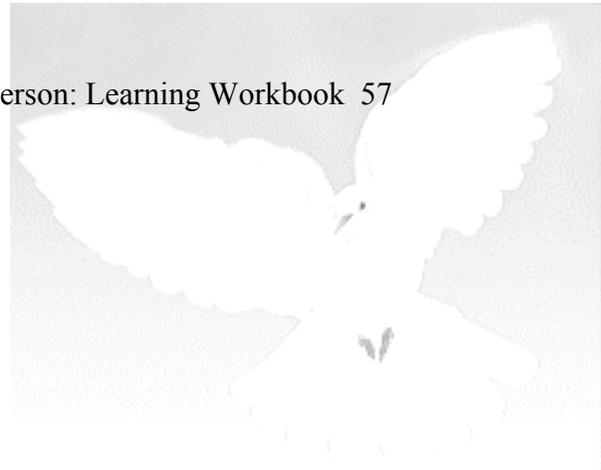
Yesterday

- a.
- b.
- c.

Day before Yesterday

- a.
- b.
- c.

Day before That



- a.
- b.
- c.

Day before That

- a.
- b.
- c.

- 3. **How did it make you feel and what does it motivate you to do because you have so many things to be grateful for?**

Think back to your target situation. Write about what you should have been grateful for at that time.

Exercise 5-11
Valuing All Things

- Make a list of five things that you realize you should value more, and describe why.

1. I should value _____ more because

2. I should value _____ more because

3. I should value _____ more because

4. I should value _____ more because

5. I should value _____ more because

Exercise 5-12
States of Awe

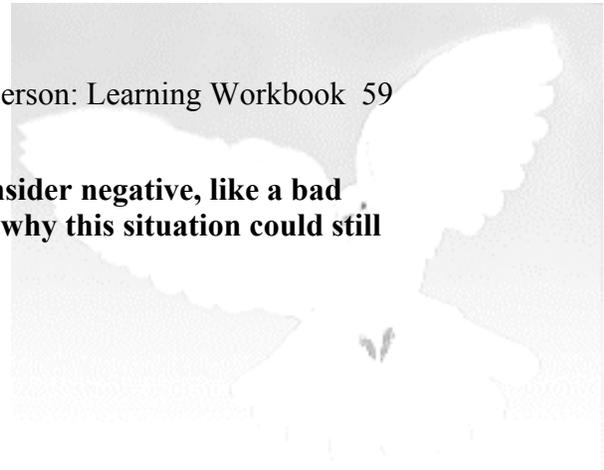
Using your search engine of choice or your own personal files, copy and paste a photograph in the space below of something that inspires awe in you, that you think is absolutely amazing. This might be a beautiful landscape or a new invention, or whatever you like (just keep it appropriate).

Now write about what it is about this awe-inspiring image that you value.

Think back to the previous section when we discussed our place in the big picture. How does this picture make you feel about your place?

Exercise 5-13
Finding Value in Strange Places

Now think of a situation that most people would consider negative, like a bad breakup or the death of a loved one. Then write about why this situation could still be considered valuable.



Exercise 5-14
Completing a Certificate of Emotional Humility

Complete the following:

CERTIFICATE OF EMOTIONAL HUMILITY

**I DECLARE TO MYSELF THAT AS OF THE DATE _____, 201__, I
HAVE FOUND THE AUTHENTIC EXPERIENCE OF EMOTIONAL
HUMILITY.**

**TO DATE I HAVE REPLACED _____ PERCENT OF MY PRIDE WITH TRUE
HUMILITY.**

SIGNED _____

Exercise 5-15
What if Emotional Humility Isn't Complete?

1. If you have experienced less than 100 percent emotional humility, you might need to go back through the steps again.
2. If you have a history of prideful events, you do not need to recall every one to effectively find humility. You can experience humility by taking three steps.
 - a. Pick two or three of the most unsettling acts that will stand for proxies for all the times you were proud.
 - b. Work through those two or three—one at a time—until each is resolved and you understand how you would act if a similar situation arises.
 - c. At some point you will decide that you have worked through it, and you have thus become more humble.

Exercise 5-16
Hand Washing

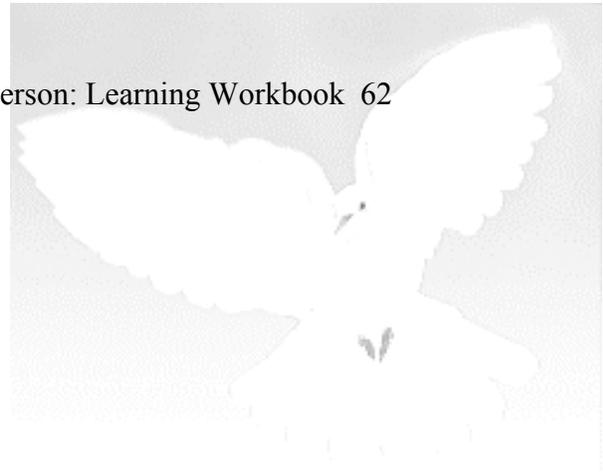
- Write a brief description of the target situation on your hand, or even just the word “PRIDE.”
- Now go to the bathroom and wash it off.
- Were you able to get all of the ink off?

This exercise serves two purposes. The first is that we can move through the Pyramid Model to PROVE humility once, and it probably won't totally erase our pride. But it will lighten the feelings. Through repeated washings, we become free of the negative burden of pride.

The second lesson comes from the act of washing, itself. Washing has historically been considered a humble task, whether it's washing dishes, floors, or feet. Many people consider this task below them. But remember that the world cannot survive without cleansing, and that it is even more humbling to forget the self for a while and provide this cleansing for others.

Exercise 5-17
Lowering Self-Focus

Write in the space below as if you were writing in a diary or journal about your day. Refrain from using the word “I” when describing your day and try to focus on the value of things going on around you.



What does writing from this perspective make you realize?

Exercise 5-18
What Did Your Get Out of This Section?

Write about one or more things that you got out of the section.

For Further Study

Using this website (<http://www.elijah.com/lexicon.html>), look up entries from whichever source you're comfortable with that pertain to "gratitude," being "grateful," "thanks," and "thanksgiving" (and other related words). To whom ought we to be thankful? To whom ought we to express our thanks? Do the same type of word-study with "altruism" or "unselfish" or the opposite—"selfish."

Some Ideas in Response to the Few Thought Questions for Section 5

1. What are you grateful for? Do you consider yourself a generally grateful person? To whom are you grateful and for what?

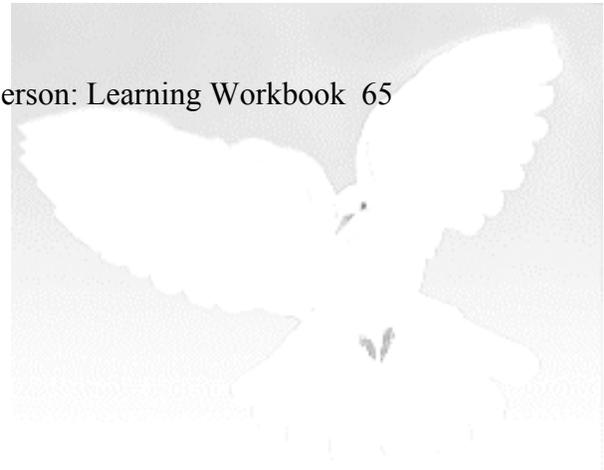
When we are grateful, we can feel that gratitude toward any person. Scientists have begun to show that an attitude of gratitude can produce better health. In fact, just writing down things you are grateful for each day can result in better health.

2. Are you often altruistic? Altruism is unselfish behavior to aid another person. Can you think of a time when you behaved altruistically? What happened?

Scientists are studying altruism, too. Some people argue that no purely altruistic act is possible, that all acts have some self-interested motives. Usually, though, such debates can distract us from trying to practice altruism. Let's not be distracted from acting in altruistic love at every possible opportunity.

3. Are you on good terms with everyone in your life?

Being able to maintain relationships is a big part of humility. Being able to recognize when you were in the wrong, or be willing to work with the other person when they won't admit that they were wrong, is a humbling experience.



Section 6

*Examine Your Limitations and
Commit to a Humble Lifestyle:
Holding on to Humility and Becoming
a More Humble Person*

Exercise 6-1
Review of Major Concepts

What are the five steps to PROVE humility? (Try to remember them without referring back. But if, after thinking a moment, you cannot remember, feel free to look back.)

P = _____ a Time When You Weren't Humble

R = _____ Your Abilities and Achievements within the Big Picture

O = _____ Yourself and Be More Adaptable

V = _____ All Things to Lower Self-Focus

E = _____ Your Limitations and Commit to a Humble Life Style

What are our two working definitions of humility?

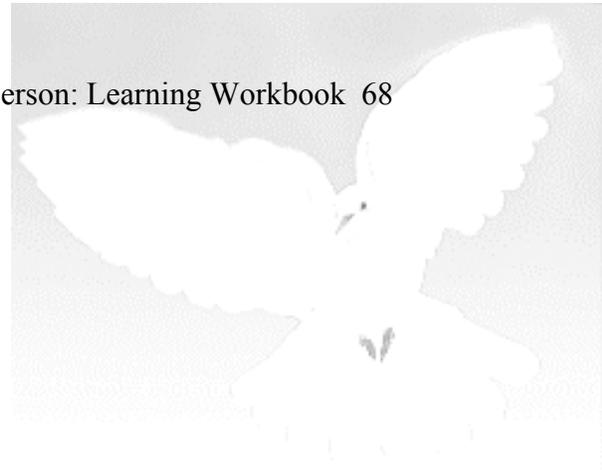
a.

b.

*E=Examine Your Limitations and
Commit to a Humble Lifestyle*

Exercise 6-2
Barriers to Complete Emotional Humility

List some *barriers to humility*, both from your target situation and in general.



Exercise 6-3

A Hypothetical Letter Expressing Humility

Write in the space below about what you would say if you were to write a letter to yourself, about yourself. Write about your strengths, but also about your limitations. Be as accurate and as humble as possible.

Exercise 6-4

A Humble Act

Now that we've spent some time talking about what humility is, describe an event which you admire for its humility. Maybe it's a confession or a selfless act.

Here's the message: You can do this too, you have a choice. You can hold onto your prideful emotions, or if you have replaced those with love or empathy or sympathy or compassion, you can now hold on to your emotional humility- even in the face of powerful events that demand that you give up that emotional humility. Psychologist Fred

Luskin suggests that experiencing negative emotions is like watching a television channel that is depressing, angering, fear-producing, or bitterness-enhancing. But importantly, *you can change channels*. Choose a more positive, humble channel.

What negative emotional channels do you often watch? In other words, what do you do that stimulates prideful thoughts and behaviors?

What positive emotional channels do you want to watch more of? What can you do to be more humble?

Is there something stopping you from changing channels? What is it?

Can you do something about it? Or can you just commit to change channels and seek more positive experiences?

Exercise 6-5

Things That Might Make You Doubt Whether You're Really Humble Now

You've worked hard and experienced either complete or at least partial emotional humility when compared to beginning the workbook. But it's possible you might doubt that you actually have become more humble. Can you think of some times when you might have a hard time fighting your pride or acting in a way that is other-oriented (i.e., altruistic, compassionate, forgiving), placing their needs as at least as important as your own?

One conclusion: There are *hot* reminders (being publicly recognized, being praised for your work, etc). There are other times when we just think about ourselves and our achievements without seeking the goodness of others.

Exercise 6-6
Being in That Situation Again

#1: Imagine being in a situation similar to your target situation again. What feelings might you feel? Draw a picture of your face to show your inner feelings, using Paint. Copy and paste your picture into this space.

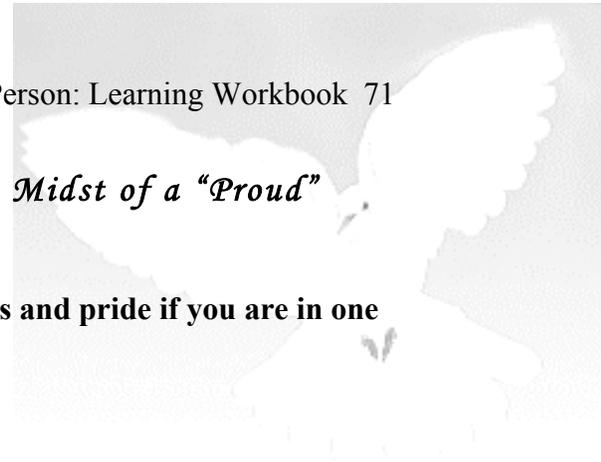
#2: If you do feel pride or selfishness, what do you plan to do?

#3: Write a message to your future self that helps you hold onto your humility.

Exercise 6-7

Hold on to Humility When You Are in the Midst of a “Proud” Experience

Make a list of ways to avoid getting back into selfishness and pride if you are in one of those “proud” situations.



*Exercise 6-8
Important Example*

If you keep touching a hot stove, you'll keep getting burned. You have to change your actions and the way you think about the consequences to keep it from happening again.

So, remember: *The pride that arises due to a memory or that comes from encountering a self-promoting situation doesn't mean you've failed.* When you feel pride pop up again, you can remind yourself: *This pride I'm feeling doesn't make me a bad person. I can choose to assess the situation humbly instead.*

*Exercise 6-9
Control Selfishness*

- While it might not seem like it sometimes, you do have some control over the emotions you feel. Many of you have probably heard of the white bear phenomenon. Spend twenty seconds trying NOT to think about white bears.
- **What worked and what didn't?**

- **What can you apply from this exercise when you start thinking prideful or selfish thoughts?**

Exercise 6-10
Summary of Ways to Hold On to Humility

WAYS TO HOLD ON TO HUMILITY IN THE MIDST OF A PRIDEFUL EXPERIENCE

1. GET OUT OF THE SITUATION
2. DISTRACT YOURSELF

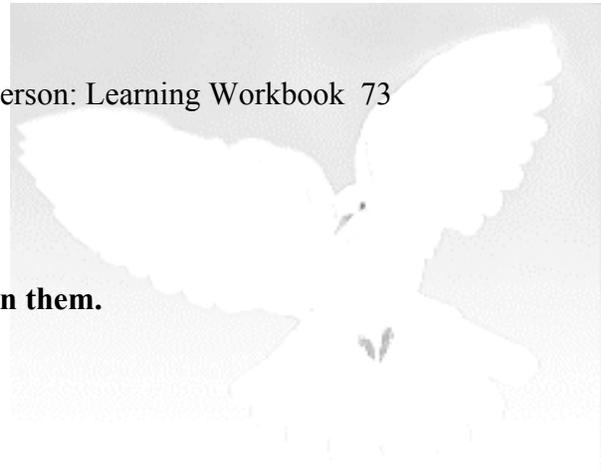
WAYS TO HOLD ON TO HUMILITY

1. REALIZE THAT YOU'RE NOT A BAD PERSON FOR FEELING PRIDE
2. DON'T DWELL ON PRIDEFUL OR SELFISH EMOTIONS
3. TAKE A DEEP BREATH AND REMIND YOURSELF THAT YOU HAVE CHOSEN TO LIVE A MORE HUMBLE LIFESTYLE
4. SEEK REASSURANCE FROM A PARTNER OR FRIEND
3. USE THE DOCUMENTS THAT YOU CREATED
4. LOOK AT THE PYRAMID MODEL TO PROVE HUMILITY, AND THINK THROUGH THE STEPS AGAIN.

Which of these do you intend to try to use more often than you have been? List the ones that appeal to you the most and that you think you have the best chance of using.

Exercise 6-11
Before and After

Using Paint, draw a representation of your selfish feelings in your target situation, and of the humble feelings you have toward that situation now. Copy it into the space below.



Describe your pictures and tell us what changed between them.

Exercise 6-12
Helping You Remember

Assume that you have been talking to a friend about humility. The person has told you that being humble has been extremely hard. The person has been wrestling with two problems. First, the person says he or she has decided to be more humble, but finds that he or she still gets proud and selfish when thinking about his or her accomplishments and abilities. Second, the person doesn't know how get rid of the selfishness and pride or what to replace pride with.

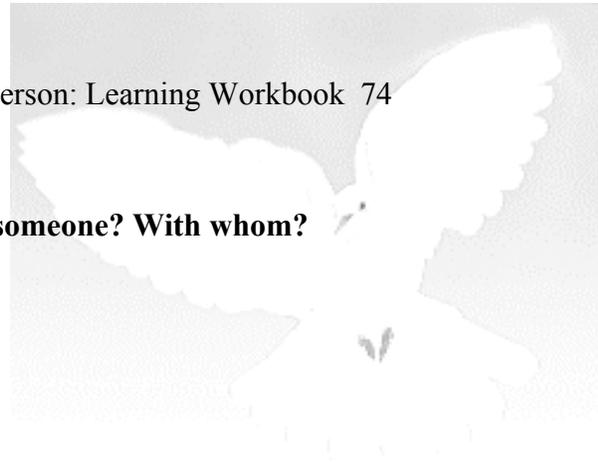
Explain the difference between decisional and emotional humility to your friend.

Tell your friend how one can make a sincere decision to be humble and yet still feel pride until emotional humility is experienced.

Explain the five steps to PROVE emotional humility to your friend.

What do you think would be most helpful to tell your friend? Least helpful?

Using what you've learned in this workbook, how would you humbly listen?



Is this a conversation you might realistically have with someone? With whom?

Exercise 6-13

Dedicate Yourself to Being a More Humble Person: 12 Steps

Step 1: Why Be Humble?

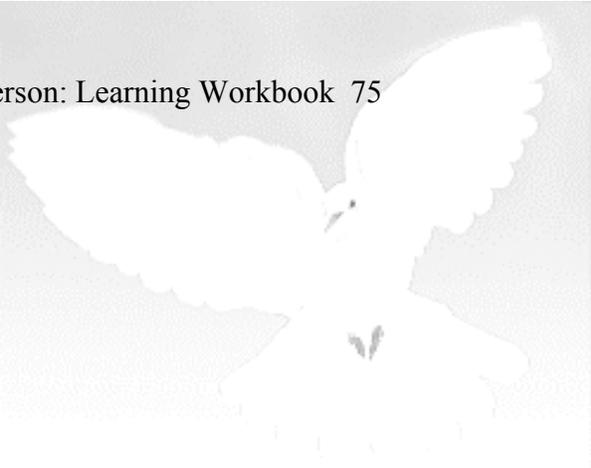
Why do you want to be a more humble person? List as many reasons as you can.

Step 2: Identify the 10 most prideful moments you have experienced throughout your lifetime.

List a short description of about 10 of the most severe selfish and prideful things you have experienced (whether they were committed by you or someone else).

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

10.



Step 3: Be Humble One Situation at a Time.

Pick one of the times you listed in Step 2, write a brief description of each.

P= Pick a time when you weren't humble (summary)

R= Remember the place of your abilities and achievements within the big picture

O= Open yourself and be adaptable

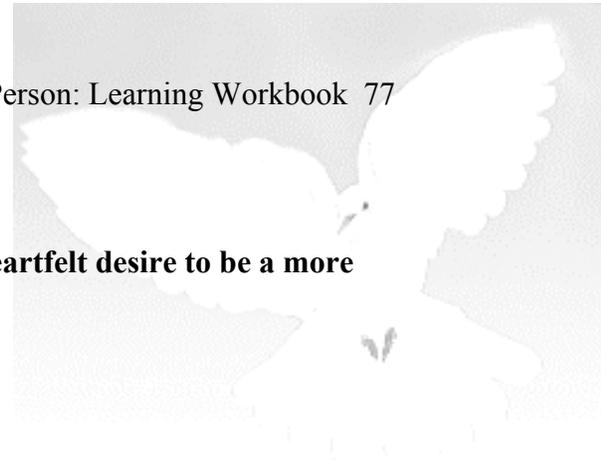
V=Value all things to lower self-focus

E= Examine your limitations and commit to a humble lifestyle

Step 4: Identify your humility heroes

Looking back over your life and thinking of people you know or have read or heard about, identify 2 people you think of as *humility heroes*—people who have been very humble and whom you admire.

- 1. Describe someone in your life who you consider to be very humble. What makes them humble? How do you feel about this person?**
- 2. Someone from the past (examples: Gandhi, Mother Teresa, etc.)**
- 3. Someone from the present whom you don't know personally**



Step 5: Examine yourself

Write a detailed message to yourself expressing your heartfelt desire to be a more humble person.

Step 6: Try to become more humble

Write ways you would like to develop a humble and warm character. How do you think you could begin moving toward this character?

Step 7: Change your experience with the past

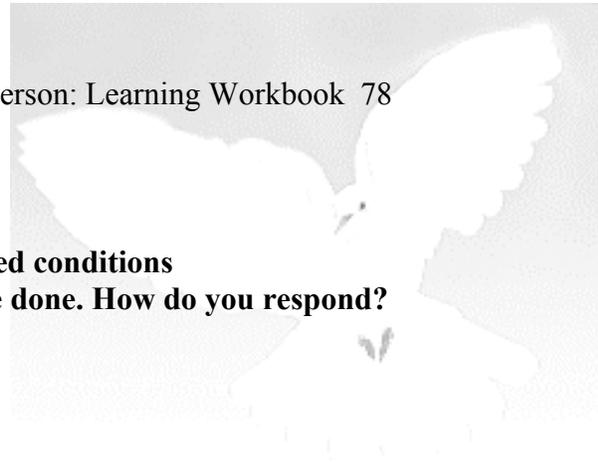
You can't change the past, but you can change the way you are going to talk about it. Pick out one of your achievements and write how you are going to talk differently about it from now on.

Step 8: Plan your strategy for becoming more humble

Write below a way you are going to try better from now on to act humbly.

Can you dedicate yourself to seeking humility and being more grateful for the roles others play in our lives?

Write something else that you really intend to do to become a more humble person.



Step 9: Practice humility under imagined conditions

Imagine somebody is praising you for something you've done. How do you respond?

Step 10: Practicing Humility day to day

Looking back at your list of 10 (see Step 2), choose the situation that you have the most negative feeling toward. List what can be seen as valuable in that situation.

Step 11: Consult someone you trust

Do you seek social support when you feel weak? Is there anyone you trust that you could talk to about your heartfelt desire to be a more humble person? Write that person, or persons, name(s) below. Why would you go to that person? What kind of response do they usually give you?

Step 12: Start a campaign to feel warmth and gratitude toward all things

Write out things you could do (both privately and publicly) to show your attempts to become more gracious toward all things. Write out specific things you could do to show how much you value a certain person or situation.

Exercise 6-14
Learn the Lessons of a Pencil

Look at or imagine a pencil with an eraser while or after reading the following.

Learn the lessons the pencil has for your life.

- It has a short life, yet it can make a significant mark- just like you.
- It is not a pen. Its mistakes can be corrected with effort, but it often means standing the pencil on its head. Neither its mistakes nor its achievements are permanent.
- For the pencil- like you- what is inside, not outside, is responsible for its mark.
- The pencil needs to be ground down and sharpened regularly, so don't despise the sharpening that you must undergo. Often humility can be difficult and unpleasant, but if you let your selfishness and pride go on and on, you will end up dull, and nobody will understand what you're writing.

Exercise 6-15
Mirror

Look at yourself in the mirror, then walk away. Return to the mirror a second time.

You have looked at two faces. The first face you saw was the face of a person who has achieved much and is very valuable, and at the same time the face of a person who has to keep this value in check for the benefit of others. The second face you saw is the face of one who has struggled with humility. It is the face of one who has emerged victorious over pride. It is the face of a hero of humility. Live like the hero of humility that you are!

Exercise 6-16
The Burden of Pride Revisited

One last time, clasp your hands and extend your arms as far away from your body as you can. Imagine that in your hands is your burden of pride, and hold it for about thirty seconds. As your arms grow weary, think of all of the other things you could be doing with your hands (and with your life) if you could just let go and move on. Remember that holding this burden is hurting you, not anyone else, but letting go will help you and everyone you encounter.

If you feel like you are ready to let go and be humble, open your hands and let your arms fall back to their natural position. Feel the relief of that burden being lifted, and know that you can get back to your life now that you have embraced humility. Think about the quote from William Temple you thought about at the beginning of this workbook: *Humility does not mean thinking less of yourself than of other people, nor does it mean having a low opinion of your own gifts. It means freedom from thinking about yourself at all.*

To what degree do you agree with this definition? (Select one of the following)

- 0 = Not at all**
- 1 = A little**
- 2 = It is fairly accurate**
- 3 = It is mostly accurate**
- 4 = It is Completely accurate**

For yourself, would you estimate, at this moment, what degree you believe you are motivated to develop a character strength of humility (0 = *not at all* to 10 = *never more serious about anything in my life*):

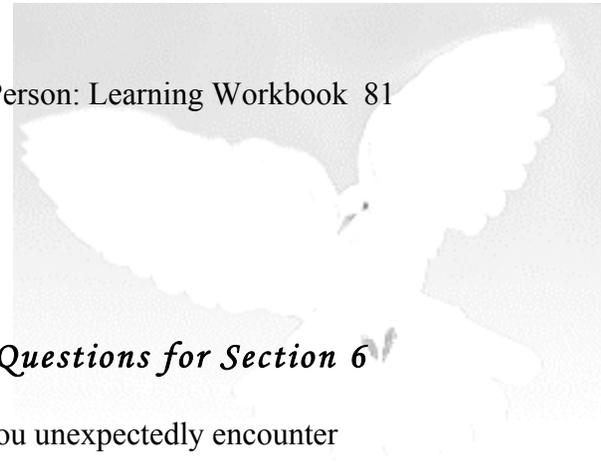
 Degree of motivation to be humble
(0 to 10)

Regardless of how much motivation you feel you have to become more humble, please divide your subjective motivation into self-benefit, other-benefit, religious/spiritual. Suppose you allocate 100% of your motivation among the three. What percent would be attributed to each? Please partition your motives right now:

<u> </u> %	Self-benefit
<u> </u> %	Other-benefit
<u> </u> %	Religious/spiritual
100%	Total (should add to 100%)

Exercise 6-17
What Did Your Get Out of This Section?

Write one or more things that you got out of the section.



Some Ideas in Response to the Few Thought Questions for Section 6

1. How do you try to hold on to humility whenever you unexpectedly encounter pride?

Sometimes we work hard to be humble, but we just stumble across a prideful situation in an unexpected location or context. We might feel those old familiar feelings of selfishness and pride begin to surface. Are you relegated to just getting away from the situation, or can you master the pride and replace it with humility?

2. Do you have ways of getting your mind off of selfish-thoughts if you start to think pridefully? What strategies work for you?

Usually, it doesn't help to command ourselves not to think about something. That just makes us think about it more. We need some sort of distraction. Perhaps thinking about the value of others is a good distraction.

3. If you wanted to design your own program to become more humble, what would you do?

In this experience, the main idea has been that we become a more humble person by taking things one situation at a time. We have used the structure of learning a five-step method to direct humility toward a specific situation and broadening its application to future situations. What other ways work for you? Pay attention to the way you answered this question. Chances are, you answered it in a way that described many strategies that you yourself would find helpful...after all, you are the world's greatest expert on yourself. Feel free to put these to good use!

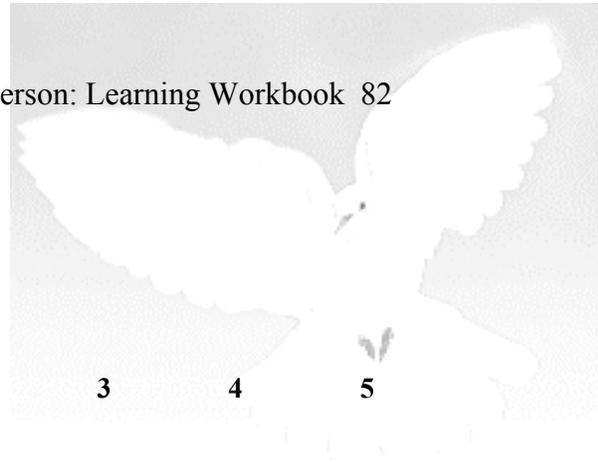
Exercise 6-18
Processing the Whole Workbook Experience

Complete the evaluation.

Evaluation of the Humility Workbook

Rate each of the following on a scale of 1 to 5 representing the degree to which you experienced the item.

1 = Not at all

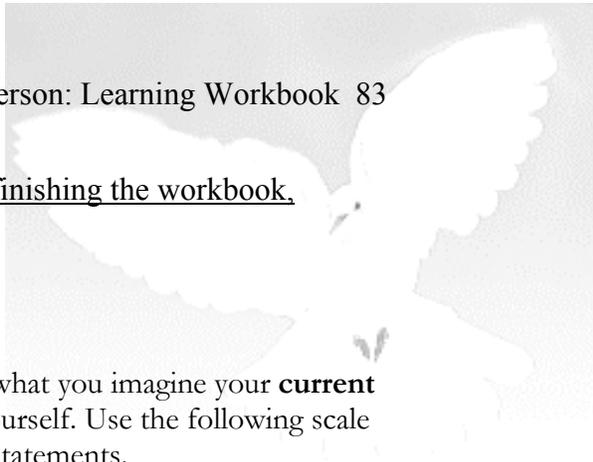


- 2 = A Little
- 3 = Moderate
- 4 = A Lot
- 5 = Tremendous Amount

I learned that making a decision to be humble doesn't necessarily mean I have become humble emotionally.	1	2	3	4	5
I came to see myself as more "human," fallible and needy than I did before	1	2	3	4	5
I understand myself better now.	1	2	3	4	5
I don't quite see myself as so perfect and spotless as I did. I am capable of prideful and selfish things.	1	2	3	4	5
I learned the five steps and can tell you what each is:	1	2	3	4	5
P =					
R =					
O =					
V =					
E =					
To hold on to humility, if I start to get selfish and proud, I have at least two things I could do to snap myself out of it.	1	2	3	4	5
I have committed to being a more humble person because of the workbook.	1	2	3	4	5
I have learned how I can be a more humble person.	1	2	3	4	5

What feedback would you like to give the writers of this workbook?

About how long, in hours and minutes, did you spend on this workbook from start to finish?



Complete the following measures as soon as you can after finishing the workbook, preferably within the same day.

RHS

DIRECTIONS: For the following questions, please indicate what you imagine your **current thoughts and feelings** are about how you would describe yourself. Use the following scale to indicate your agreement or disagreement with each of the statements.

1	2	3	4	5
strongly disagree	mildly disagree	agree and disagree equally	mildly agree	strongly agree

1. ___ I have a humble character
2. ___ I am a truly humble person
3. ___ Most people would consider me a humble person.
4. ___ My close friends would consider me humble.
5. ___ Even strangers would consider me humble.
6. ___ I think of myself too highly.
7. ___ I have a big ego.
8. ___ I think of myself as overly important.
9. ___ Certain tasks are beneath me.
10. ___ Other people are inferior when they are with me.
11. ___ I come off as self-righteous.
12. ___ I do not like doing menial tasks for others.
13. ___ I know myself well.
14. ___ I know my strengths.
15. ___ I know my weaknesses.
16. ___ I am self-aware.

Single Item Assessment of Two Types of Humility

Note: We want you to rate two types of humility. For example, a person might perhaps decide to be humble but still feel very selfish and proud.

Decisional humility is defined as *deciding (even if you don't say aloud) that you will not seek revenge prideful and selfish thoughts and behaviors but will try to emphasize the importance of others.* Using the scale below (from 0 = no humility achieved to 4 = complete humility achieved) estimate the current level to which you embody decisional humility.

0	1	2	3	4
No Humility				Complete Humility

Experiencing emotional humility is defined as *the degree to which you actually feel that your emotions have become less selfish and proud and more positive toward personal humility and the value of others*. If 0 = No humility experienced and 4 = complete humility experienced (that is, if you have experienced complete emotional humility, you have no prideful feelings and perhaps even some positive feelings toward acting and thinking humbly), then use the scale below to indicate to what degree you have experienced emotional humility.

0
1
2
3
4

No Humility
Complete Humility

SHS

DIRECTIONS: For the following questions, please indicate what you imagine your current thoughts and feelings are about how you would describe yourself in relation to whatever you consider to be sacred, whether religious or secular. Use the following scale to indicate your agreement or disagreement with each of the statements.

1	2	3	4	5
strongly disagree	mildly disagree	agree and disagree equally	mildly agree	strongly agree

1. ____ I accept my place in relation to the sacred.
2. ____ I am comfortable with my place in relation to the sacred.
3. ____ I am humble before the sacred.
4. ____ I know my place in relation to nature.

Thank you for your dedication to this workbook and for being a part of a more humble and virtuous world. Your commitment will not only benefit you, but those around you. You worked very hard for this and deserve to experience all of the rewards that being a humble person has to offer.