

# Pride vs. Humility -- How to Be Humble

compiled by Laura M. Brotherson, LMFT, CST

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*This compilation of points about pride and humility may provide some helpful insights, since we all struggle with pride to some degree. The links in the references below are to the audio versions of the talks this information came from. Many have found it particularly insightful to listen to the original talks a few times each. This handout is a compilation of the key points from those talks. Another suggestion is to rate each item from 0-10 to see which ones you struggle with the most or are doing well with. You could also just choose 5-6 items on the pride side that are most difficult for you and those on the Humility side you'd most like to work on.*

PRIDE -- How to Be Proudful	HUMILITY -- How to Be Humble
<ul style="list-style-type: none"> <li>• Self-absorbed/Self-centered/Selfish</li> <li>• Draw attention to self</li> <li>• Hard hearted</li> <li>• My will</li> <li>• It's all about me/How everything affects me/Self-pity</li> <li>• Pretentious/See yourself as "better than"/ Self-importance</li> <li>• Demanding of others</li> <li>• Take more time/resources than allotted</li> <li>• Take credit</li> <li>• Enmity/Opposition to God and others</li> <li>• Perceptions, abilities, and accomplishments pitted against God and His power</li> <li>• Difficult to work with</li> <li>• Arrogant/Puffed up/Conceited/Elevates self/Extra-attentive to your strengths</li> <li>• Diminish others</li> <li>• Selfish</li> <li>• Greedy</li> <li>• Vain</li> <li>• Unrighteous dominion/Thirst for recognition, control, domination</li> <li>• Materialistic</li> <li>• Envious/Jealous/Covetous</li> <li>• Resentful</li> <li>• Disobedient/Rebellious</li> <li>• Unrepentant/Rarely acknowledge own sins/weaknesses</li> <li>• Unforgiving/Holds grudges</li> <li>• Think you're a victim</li> <li>• Seek honors of men</li> <li>• Easily offended/Takes offense</li> <li>• Sign seeker (needing validation or reassurance)</li> <li>• Boastful</li> <li>• Competitive</li> <li>• Unbridled desires, appetites and passions/The natural (undisciplined) man</li> <li>• Don't accept authority, counsel or correction easily/ Not easily teachable</li> <li>• Defensive/Justifies/Rationalizes</li> <li>• Fear man's judgment more than God's</li> <li>• Find fault in/with others</li> <li>• Gossip</li> <li>• Backbite</li> </ul>	<ul style="list-style-type: none"> <li>• Selfless/Other-oriented</li> <li>• Deflect attention/Look for ways to decrease and be less noticed/ Diminish self</li> <li>• Soft/Tender/Soft hearted</li> <li>• Submissive/Easy to be entreated/ Submit to God's will</li> <li>• Obedient</li> <li>• Soft courage</li> <li>• Unpretentious/See yourself as equal to/Estimate others as ourselves/Elevate others</li> <li>• Giving/Generous</li> <li>• Full of faith</li> <li>• Optimistic</li> <li>• Patient</li> <li>• Meek</li> <li>• Full of love</li> <li>• Long-suffering</li> <li>• Repentant/Quick to apologize</li> <li>• Recognize your faults/weaknesses; Confess and forsake sins</li> <li>• Forgive others</li> <li>• Broken heart/Contrite spirit</li> <li>• Like a child</li> <li>• Reverent</li> <li>• Grateful</li> <li>• Modest/Live modestly</li> <li>• Teachable</li> <li>• Cooperative</li> <li>• Forgiving</li> <li>• Take no offense</li> <li>• Self-disciplined</li> <li>• Accept responsibility</li> <li>• Fear God's judgment more than man's</li> <li>• Acknowledge own sins/weaknesses</li> <li>• Live within your means</li> <li>• Easily express gratitude</li> <li>• Give a generous fast offering</li> <li>• Accept and magnify callings</li> <li>• Volunteer to be of service</li> <li>• Listen and act on promptings</li> <li>• Go to church and partake of the sacrament weekly</li> <li>• Go often to the temple</li> <li>• Have courage and meekness</li> <li>• Be grateful/Recognize your unending debt and gratitude to the Lord</li> </ul>

<ul style="list-style-type: none"> <li>• Murmur</li> <li>• Live beyond your means</li> <li>• Withhold gratitude</li> <li>• Contentious/Argumentative</li> <li>• Abuse others</li> <li>• Self-worth comes from the number of those below them</li> <li>• Condescending</li> <li>• Critique/be critical of others and their efforts/Look down on others</li> <li>• Ask, "Why me?"</li> <li>• Ignore, be upset, or re-interpret counsel to suit you</li> <li>• Congratulate yourself</li> <li>• Feel a sense of importance in your knowledge/skills/ talents</li> <li>• Find ways to let others know of your successes</li> <li>• Get defensive or resentful when someone corrects you</li> <li>• Get annoyed when someone inconveniences you</li> <li>• Set your heart on things</li> <li>• Speak with "I" instead of "We"</li> <li>• Speak more than you listen</li> <li>• Not okay being wrong</li> <li>• Don't apologize for your mistakes or when wronging others</li> </ul>	<ul style="list-style-type: none"> <li>• Choose to be humble rather than being compelled to be</li> <li>• Lift others as high or higher than we are</li> <li>• Be willing to accept callings, counsel and correction</li> <li>• Give selfless service more often</li> <li>• Put God first</li> <li>• Yield to enticings of the Spirit</li> <li>• Seek the enabling power of grace</li> <li>• "We" instead of "I"</li> <li>• Listen more than you talk</li> <li>• Don't interrupt in conversations/Wait for others to finish</li> <li>• Ask others for their opinion</li> <li>• Say "It's my pleasure" or "I'd be honored"</li> <li>• Be okay being wrong</li> <li>• See your greatness as only through God</li> <li>• Value other people's time as much as your own</li> <li>• Don't advertise your achievements</li> <li>• Follow well/Don't always have to lead</li> <li>• Give others the benefit of the doubt</li> <li>• Be positive and encouraging</li> <li>• Say a simple thank you without needing to elaborate</li> <li>• Serve others first (from a full bucket not an empty one)</li> </ul>
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### References

- "Are Ye Stripped of Pride?" Kim B. Clark (Sep 2009) -- <http://speeches.byu.edu/?act=viewitem&id=1865>
- "Beware of Pride," Pres. Ezra Taft Benson (Apr 1989) -- <https://www.lds.org/general-conference/1989/04/beware-of-pride?lang=eng>
- "To Walk Humbly with Thy God" Elder Marlin K. Jensen (Apr 2001) -- <https://www.lds.org/general-conference/2001/04/to-walk-humbly-with-thy-god?lang=eng>
- "The Empowerment of Humility" Elder Richard C. Edgley (Oct 2003) -- <https://www.lds.org/general-conference/2003/10/the-empowerment-of-humility?lang=eng>
- "50 Ways to Be More Humble and to Act Humbly" (Jan 2011) -- <http://learnthis.ca/2011/01/50-ways-to-be-more-humble-and-to-act-humbly/>

### Scriptures

- (Alma 5:28) -- "Behold, are ye stripped of pride? I say unto you, if ye are not ye are not prepared to meet God."
- (D&C 38:39) -- "Beware of pride, lest ye become as the Nephites of old."
- (D&C 20:37) -- "All those who humble themselves before God, and desire to be baptized, and come forth with broken hearts and contrite spirits, and witness before the church that they have truly repented of all their sins..."
- (Luke 22:42) -- "Not my will, but thine, be done"
- (Alma 13:28) -- "But that ye would humble yourselves before the Lord, and call on his holy name, and watch and pray continually, that ye may not be tempted above that which ye can bear, and thus be led by the Holy Spirit, becoming humble, meek, submissive, patient, full of love and all long-suffering"
- (Alma 26:12) -- "Yea, I know that I am nothing; as to my strength I am weak; therefore I will not boast of myself, but I will boast of my God, for in his strength I can do all things; yea, behold, many mighty miracles we have wrought in this land, for which we will praise his name forever."
- (Alma 7:23) -- "And now I would that ye should be humble, and be submissive and gentle; easy to be entreated; full of patience and long-suffering; being temperate in all things; being diligent in keeping the commandments of God at all times; asking for whatsoever things ye stand in need, both spiritual and temporal; always returning thanks unto God for whatsoever things ye do receive."