

10 Ways to Avoid Pride Overgrowth

Before we get into the how, let's make sure you understand the what.

What is Pride? Pride is a feeling of deep pleasure or satisfaction derived from one's own achievements, the achievements of those with whom one is closely associated, or from qualities or possessions that are widely admired.

Pride is an emotion, closest to anticipation. One closest neighbor is anger, and aggressiveness, cynicism, morbidness hang around that area. On the other side is dominance, optimism, hope, and ultimately, joy.

How do I manage Pride? Pride, as any emotion, does not need to be suppressed or avoided, but it does have a specific place and purpose. Controlling pride requires self-awareness and humility.

What does the Bible say about Pride? Well, several things, so let's summarize and give you the references for further study. Pride WILL cause you to lose, make you a disappointment, ensure you are on the wrong team, transport you into sin, and ensure broken relationships. (Proverbs 16:18, Proverbs 11:2, James 4:6, 1 Peter 5:5, 1 John 2:16, Philippians 2:3)

Now for the goods, here's 10 ways to avoid Pride overgrowth.

1. Practice Gratitude

Regularly remind yourself of what you're thankful for and acknowledge the contributions of others in your success.

2. Seek Feedback

Encourage honest feedback from friends, family, or colleagues. Being open to constructive criticism can help you stay grounded.

3. Use Your Holy Mirror... Your Bible

Just like the mirror in snow white, the Bible will speak unfiltered truth and help you to renew your mind, allowing you to easily see your shortcomings and areas of needed improvement.

4. Serve Others

Engage in acts of kindness and service. Helping others without seeking recognition can shift focus away from yourself.

5. Acknowledge Others

Celebrate the achievements of others and recognize their contributions. Sharing the spotlight can help reduce your own sense of superiority.

6. Stay Humble

Remind yourself of your imperfections and limitations. Recognizing that everyone has strengths and weaknesses can keep you humble.

7. Cultivate Empathy

Try to understand things from others' perspectives. Empathy can reduce self-centeredness and increase your awareness of others' experiences.

8. Avoid Comparison

Focus on your personal growth rather than comparing yourself to others. Comparison can lead to unnecessary pride or feelings of inadequacy.

9. Ask The Holy Spirit

Ask the Holy Spirit to help you stay in touch with your thoughts and feelings. He'll be glad to help you identify when pride is influencing your behavior.

10. Learn From Failures

Embrace failures as opportunities for growth. Recognizing that failure is a part of learning can prevent you from becoming overly self-assured.