

What is the Difference Between Humility and Humiliation?

Humiliation is “to cause a painful loss of pride, self-respect, or dignity.” In contrast, humility means “**a modest opinion of one's own importance.**”

What is Humility?

“Humility is not thinking Less of Yourself; it’s thinking of yourself Less”.

How Important is Humility?

Indeed, the attainment of greater humility is the foundation principle of each of A.A.’s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.’s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, they still haven’t much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.

Character Building vs Material Satisfaction

We

had lacked the perspective to see that character-building and spiritual values had to come first, and that material satisfactions were not the purpose of living.

But whenever we had to choose between character and comfort, the character-building was lost in the dust of our chase after what we thought was happiness. Seldom did we look at character-building as something desirable in itself, something we would like to strive for whether our instinctual needs were met or not. We never thought of making honesty, tolerance, and true love of man and God the daily basis of living.

How to Practice Humility in Everyday Life

The 12 Steps all involve practices and principles that encourage self-awareness, acceptance and honesty. They require the practice of [humility](#), as well as develop it. The Steps involve:

- choosing a spiritual way of living instead of putting material satisfactions first
- admitting our limitations to ourselves and others
- asking for help from outside of ourselves and seeking guidance
- the spirit to practice faith and trust
- the willingness to be of help and of service to others
- a willingness to accept, take responsibility for, and to admit our faults and weaknesses
- enthusiasm, courage and honesty to be vulnerable with others, and to make our amends
- the willingness to practice forgiveness