

St. Benedict's Ladder of Humility

How to Grow in Humility

How to Grow in Selfishness

8	Transformation into the love of God (literally lost in Him)	I am ultimately transformed into the love of myself
7	Speaking less (fewer opinions/ demand of rights & notice)	I speak and demand more
6	Deeply aware of being the chief of sinners	View other people as the problem & fault of everything
5	Radical honesty about your own weaknesses and faults	Cover up/ignore my weaknesses and faults
4	Patience to accept the difficulty of others	No patience/tolerance of other people
3	Willing to subject ourselves to the direction of others	Refuse to let others dictate anything in my life
2	Doing God's will; not your own or other people's	Only want to do MY will
1	Fear of God and Mindfulness of Him	Mindful of only self