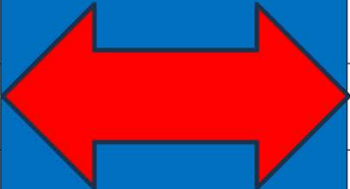


Qualities of Pride Continuum

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Qualities of Healthy Pride	Please Keep <u>In</u> Mind	Qualities of Unhealthy Pride
Celebrates other people's accomplishment as well as one's own.	<i>Most behavior falls somewhere in-between these extremes.</i>	Feels resentful and envious of other people's accomplishments
Does not feel threatened by or have a need to undermine others' accomplishments.		Feels threatened by other people's accomplishments and needs to undermine or destroy them
Holds an accurate perspective of one's own contributions relative to the larger whole		Holds an inflated sense of one's own accomplishments relative to the accomplishments of others
Is able to maintain a sense of humility in the face of external achievements		Craves praise and rewards for external achievements
Can receive constructive feedback without becoming defensive		Becomes defensive and angry in the face of constructive criticism
Learns from mistakes and can readily admit them		Has difficulty admitting mistakes or learning from them.
Takes responsibilities for one's actions, both successes and failures		Blames other for mistakes and often defers responsibility onto others
Gives credit to others when credit is due	<i>Our challenge is to discern and then address the degree to which a person is moving towards the extreme of unhealthy, over-determined pride at the expense of the well-being of others.</i>	Takes credit for other people's ideas and accomplishments
Keeps a balanced perspective and can walk away from a project when it becomes too much		Is driven to achieve success at all costs and has difficulty knowing when to stop
Comfort in sharing intimate feelings, including the awareness of appropriate boundaries		Difficulty in sharing intimate feelings, including no apparent ability to understand mutuality and reciprocity