

Degrees or steps of pride from St. Bernard of Clairvaux

St. Bernard expands on St. Benedict by also giving us 12 degrees of pride. Which way we take must be decided upon at the beginning of our journey, says St. Bernard, for we are faced with a road that leads upwards to the grace of contemplation and eternal salvation, and downwards to fruitlessness and damnation. Just for your information I have listed here St. Bernard's 12 degrees of pride:

- 1) The first degree of pride is inquisitiveness, a state in which sight and all the other senses wander off in pursuit of things that are of no concern for our salvation.
- 2) Instability of mind, which is betrayed by joy at one moment and sadness the next.
- 3) Frivolity, which is shown by over readiness to laugh.
- 4) Vainglory occurs in one who pours out every thought that comes into his/her head.
- 5) Singularity or boasting of one's own deeds.
- 6) Arrogance in thinking oneself more holy than everyone else.
- 7) Presumption, or following one's own opinion in everything, and forcing it on others.
- 8) Self-justification in wrong-doing.
- 9) False confession, which is the very contrary of patience in the face of difficulties and contradictions.
- 10) Rebellion against one's brethren and superiors.
- 11) Freedom to sin and the absence of shame in doing so.
- 12) The habit of sinning.

Degrees of Humility, chapter 7

Father Patrick Cummins, OSB	Father Michael Casey, OCSO	St. Bernard of Clairvaux	Carol Bonomo, Humble Pie
Recollection	Fear of the Lord: making a serious effort to live a good life.	Should, out of a good and holy fear of God, keep from sin throughout each day of life.	Obedience to all God's commandments.
Mortification	Renunciation of self-will and desire.	Should not love our own will, nor delight in fulfilling our own desires.	Following God's Will
Obedience	Submission to a superior in imitation of Christ.	Should subject oneself in all obedience to our superiors.	Obedience to Earthly superiors
Heroism	Patience in enduring difficulties with equanimity	Should be very patient as, in obedience, we meet with difficulties and contradictions	Perseverance
Openness	Self-revelation. Confesses faults humbly.	Should humbly confess any sins any sins we have committed.	Self Disclosure
Poverty	Contentment with the least of everything.	Should esteem oneself unworthy and useless in all respects	Acceptance
Truthfulness	A sharp awareness of one's own liabilities.	Should declare oneself lower and of less account than all others and should in our inmost heart believe it.	Littleness
Naturalness	Avoidance of individualist and attention seeking behavior.	Obey the common rule of the monastery.	Following a Spiritual Guide
Thoughtfulness	The radical restraint of speech	Should not speak until questioned.	Practicing silence
Gravity	The avoidance of laughter	Should not be ready to laugh and giggle at the slightest provocation.	Soberness
Wisdom in speech	Gravity in speech. Speak humbly, with gravity and in reasonable words	A monks should speak in few and sensible words, gently and without laughter.	Brevity
Gratitude	Total humility. The goal of the ascent: perfect love.	Show humility of heart and behavior by always having the head bowed and eyes downcast.	Constancy