

## *Humility vs. Humiliation*

Humility is an  
acknowledgment;  
humiliation is an  
assault.

Humility is a  
truthful expression;  
humiliation is a  
deceitful repression.

Humility seeks  
peace;  
humiliation stirs up  
turmoil.

Humility ennobles;  
humiliation belittles.  
Humility treads;  
humiliation tramples.

Humility embraces;  
humiliation rejects.  
Humility rejoices;  
humiliation gloats.

Humility accepts;  
humiliation manipulates.  
Humility empties  
for fulfillment;  
humiliation is full  
of debasement.

Humility will suffer  
humiliation,  
but not condone it.  
Humility will tolerate  
humiliation,  
but will condemn it.

Humility ennobles those  
who practice it.  
Humiliation demeans the one  
who perpetrates it.

It is the strength  
of humility  
not to be crushed  
by humiliation.

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November 22, 1998  
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