



One evening, an elderly Cherokee brave told his grandson about a battle that goes on inside people.

“My dear one, the battle between two ‘wolves’ is inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good. It is: joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.”

The grandson thought about it for a moment and then asked his grandfather: “Which wolf wins?”

The old Cherokee replied, “The one you feed.”

## *False Pride*

**false pride** – *An exaggeratedly high or pretentious opinion of oneself, one's abilities, or one's circumstance that is not based on real achievement or success.*

In society today many of us live by the concept of pride and false pride. We purchase beauty products, jewelry and fine clothing to make us "look good." We make a statement by the car that we drive and the address at which we live. We are told to purchase certain products because "I am worth it or I deserve it." In all cases, pride is the motivator and the mistaken belief that how others see us is who we are. False pride leads to a sense of arrogance, of entitlement and in the end produces the potential

for violence. False pride does not allow us to learn, to correct our faults. It's been stated "pride is a prison" meaning that it does not allow us the freedom to change course and to correct our errors.

It's this self-aggrandizing self-esteem rather than genuinely feeling really good about your-self. For many people with insecurities, which often stems from early in life, the striving to overcome them leads to superficial success as measured in our society: power, political victories, fame, admiration, prestige, and possessions of all sorts.

Sometimes, in the fortunate scenario, insecurity yields to increasing self-confidence and fulfillment. But when insecurities are particularly severe, instead of real self-confidence, a false sense of unrealistic pride and entitlement follows. Sometimes these people are lured to political careers. Often they become like rock stars due to blind exaggeration by followers who yearn for direction and a false pride.

For the insecure person these lures and temptations come to be expected as feverish self-aggrandizement coupled with the blind admiration received. Any real footing of genuine self-esteem is eroded by all the attention received as it becomes a drug of excitement. Such people often become more and more narcissistic and even grandiose coming to expect special treatment and privilege and this unreal situation is fed into by a more-than-willing crowd of groupies hoping themselves to catch some of the action. All the while, the real self of the person becomes more and more distant.

People like and admire you more when they know you're real. Real people have faults. Proudful, fake people make sure not to show any fault. Your true colors are a brilliant mix of fault and merit, and it's nothing to be ashamed of. Humility and vulnerability grant you confidence in who you really are, but when your confidence is based on an image that is not you, you can lose it.

## The Personal Dangers of False-Pride

- Not being careful what you value – it can't define you
- Not recognizing that the lack of true self-confidence is hidden behind false-pride and smugness
- Refusing to apologize even when you know you're wrong just to "save face"
- False pride can cost you everything – and leave you with nothing
- False pride is the ultimate obstruction to change

False pride is not only self-defeating, it can destroy you. Your efforts to avoid embarrassment, shame, guilt and humiliation can cause you to hide your problem and to avoid doing something about it. You just can't tolerate others knowing you have a problem, even strangers and resort to arrogance, defiance, denial, and blaming others. This is a classic description of false pride.

## **The Art of Emotional Composure**

**When you're living your life stuck in false pride and want to stop the madness – the answer to stopping it in its tracks is truly at your fingertips! Refer to the BASIC POWER TAPPING WORKBOOK and follow the proven system to own the tool of Emotional Composure. You are in control of your emotions – stop the behavior of false pride from controlling you and stealing your future!**

**Robert Rudelic, BS, NMT, MES**