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## **We should chastise ourselves (Saint Theophan the Recluse)**

[Ξένες γλώσσες / In English](#)

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The first step towards pride is vainglory, that is the feeling that I'm something. The second is self-importance, that is the feeling than not only am I something, but something important before God and other people. From vainglory and self-importance arise a whole host of proud thoughts, which are an abomination to God. Self-awareness and the experience of our insignificance can help us here. We should often recall errors we've made in the past and rebuke ourselves for them.