

# HUMILIATED



Find relief from humiliation in humility.

**What it's about; what it does for us...**

...Being made to feel worthless; it leaves us wanting to hide or get back at those who humiliated us.

**We feel this when...**

...people put us down unfairly and in public, and we are made to feel less worthy than we feel our self to be.

**It makes us...**

...hate those who are getting at us: we want to either seek revenge or escape. It can jolt us into defending ourselves or facing up to our shortcomings.

