

Are You Accomplished, or Arrogant? (The Authentic-Hubristic Pride Questionnaire)

Instructions

How you describe yourself (and how others would describe you) says quite a fair bit about the type of pride you experience most, and are likely to experience. State the extent to which each of the following words describes you as a person.

I feel like I am.../I feel like I have.../I feel...

	Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree	Strongly Agree
1. Accomplished							
2. Achieving							
3. Arrogant							
4. Conceited							
5. Confident							
6. Egotistical							
7. Fulfilled							
8. Pompous							
9. Productive							
10. Self-worth							
11. Smug							
12. Snobbish							
13. Stuck-up							
14. Successful							

Scoring

Total Authentic Pride = Average items 1, 2, 5, 7, 9, 10, 14

Total Hubristic Pride = Average items 3, 4, 6, 8, 11, 12, 13

Interpretation

There are actually two types of pride – one authentic, the other, hubristic. Authentic pride is experienced when we have internal, unstable, controllable attributions for a positive event. We feel proud for accomplishing something challenging, which had an unpredictable outcome –

and this was due to our own abilities and capabilities. In contrast, hubristic pride is caused by internal, stable, uncontrollable attributions for a positive event. Hubris is often associated with arrogance and narcissism. In two samples of more than 700 undergraduate students, men generally score higher on hubristic pride than women. Men averaged 1.82 to women's score of 1.57 from one of the samples, and 1.88 to women's 1.57 in the second sample. There were no significant differences in levels of authentic pride between men and women for authentic pride.

Reference

Tracy, J. L., & Robins, R. W. (2007). The psychological structure of pride: a tale of two facets. *Journal of Personality and Social Psychology*, 92(3), 506-525.