



Being Simple in a Hypocritical World

Hypocrisy is easier to spot in others than in oneself. Use this simple tool to assess yourself on whether or not you display a particular hypocritical trait or behavior. Then reflect on the reason for the behavior. You can list the purpose in a short phrase, e.g., desire for respect, recognition, acknowledgment of wrongdoing, etc. Knowing the underlying cause will enable you to develop effective strategies to decrease this displeasing trait. One example is presented for your convenience.

This tool is just for self-examination and not to share with others, so please be as truthful as you can to help identify, accept, and develop strategies for change. Remember, change takes time.

Types of Hypocritical Behaviors	Yes or No	Purpose of Behavior	Strategy to Reduce Hypocrisy
I always say nice things to people on their faces but back-bite when not in their company.	Yes	Vent anger and seek validation from others	Practice humility and admit wrongdoing
I tend to be preachy about moral or ethical codes of conduct but live a sinful life myself.			
I project a different image of myself in public than what or how I am in private.			
I treat people in power positions differently than those of "average" social status.			
I expect tolerance from others but have little tolerance for those whose beliefs or habits are different from mine.			

I am good about making rules but not good about following them myself.			
I condemn others for doing things that I do myself (e.g., throwing trash in public places).			
I pretend to be wealthy or cultured even though my situation is the opposite.			
I penalize people for wrongdoings but look the other way for friends.			
I judge others but call people intolerant when they make judgments about me.			
I expect others to make sacrifices for my comfort but am unwilling to do the same.			
I feign outrage when I see social injustice but do not do anything about it.			
I pretend to help and care about others to make them think that I am a good person.			

If you need to speak with anyone about any part of this assessment, please contact us at samarpanteam1119@gmail.com. Please also give us some time to respond. Thank you.