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### Examining the Association between Awareness and Acceptance of Impermanence and Humility

Caitlin Weldon

*Texas A&M University-San Antonio*

Briella A. Nava

*Texas A&M University-San Antonio*

Ho Phi Huynh

*Texas A&M University-San Antonio, Ho.Huynh@tamusa.edu*

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# Examining the Association between Awareness and Acceptance of Impermanence and Humility

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Caitlin Weldon, Briella Nava, & Ho Huynh

Texas A&M University-San Antonio





# What is humility?

- Individuals who view themselves as secure, accepting, and open as well as viewing others with value and acceptance<sup>2</sup>
- Humility can be measured as either a state approach or a trait approach<sup>2</sup>

# What leads to humility?

- Individuals can become humble by detaching themselves from their ego<sup>2,10</sup>
- There are personal and relational hallmarks of humility<sup>2</sup>



# What are downstream consequences of humility?



- Interpersonal benefits:
  - Healthier social relationships<sup>9</sup> and more helpful<sup>8</sup>
- Personal benefits:
  - Greater health<sup>6</sup> and more resilient<sup>5</sup>



# What is impermanence?

- Impermanence refers to the fleeting nature of time
- Comes from within the Buddhist tradition<sup>4</sup>
- Impermanence can also be examined in psychology<sup>4</sup>

# What leads to impermanence?

- Impermanence awareness and  
impermanence acceptance<sup>4</sup>

N<sub>1</sub> O<sub>1</sub> T<sub>1</sub> H<sub>4</sub> I<sub>1</sub> N<sub>1</sub> G<sub>2</sub>

L<sub>1</sub> A<sub>1</sub> S<sub>1</sub> T<sub>1</sub> S<sub>1</sub>

F<sub>4</sub> O<sub>1</sub> R<sub>1</sub> E<sub>1</sub> V<sub>4</sub> E<sub>1</sub> R<sub>1</sub>

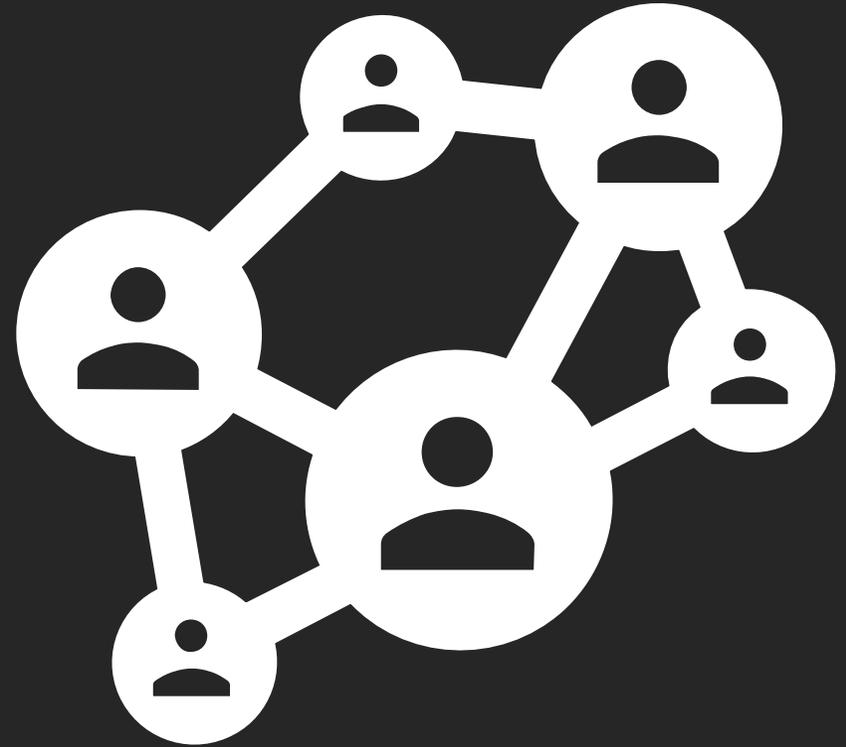
# What are downstream consequences of impermanence?

- Provide different psychological benefits for outcomes of impermanence<sup>4</sup>



# Why might impermanence lead to humility?

- Impermanence and humility share the benefits of relationships



# Current Study

- Examined the association between humility and impermanence.
- Proposes that humility is much more than the relative size of the ego but also how long the ego exists.
- Hypothesis: impermanence and humility will be positively correlated

# Methods

- 257 adult participants ( $N = 257$ ;  $Mage = 37.38$ ,  $SDage = 10.85$ ; 37.4% female)
- Participants were asked to complete four different scales:
  - The Impermanence Awareness and Acceptance scale (awareness,  $\alpha = .75$ ; acceptance,  $\alpha = .91$ ; overall,  $\alpha = .78$ ; Fernández-Campos et al., 2021)
  - Relational Humility Scale Global Humility Subscale ( $\alpha = .70$ ; Davis et al., 2011)
  - State Humility Scale ( $\alpha = .65$ ; Kruse et al., 2017)
  - HEXACO Honestly-Humility Subscale ( $\alpha = .66$ ; Ashton & Lee, 2011).

# Results

|                     | Awareness | Acceptance | Overall |
|---------------------|-----------|------------|---------|
| Relational Humility | .33**     | -0.12      | 0.03    |
| State Humility      | .37**     | .40**      | .55**   |
| HEXACO-HH           | .16**     | .54**      | .59**   |

- Impermanence awareness was related to Relational Humility Scale Global Humility Subscale ( $r = .33, p = < .001$ ), State Humility Scale ( $r = .37, p = < 0.01$ ), and HEXACO Honestly-Humility Subscale ( $r = .16, p = .01$ ).
- Impermanence acceptance was related to the State Humility Scale ( $r = .40, p = < 0.01$ ) and HEXACO Honestly-Humility Subscale ( $r = .54, p = < .001$ ).
- Impermanence acceptance was not related to the Relational Humility Scale Global Humility Subscale ( $r = -.12, p = .05$ ).

# Discussion

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## Findings

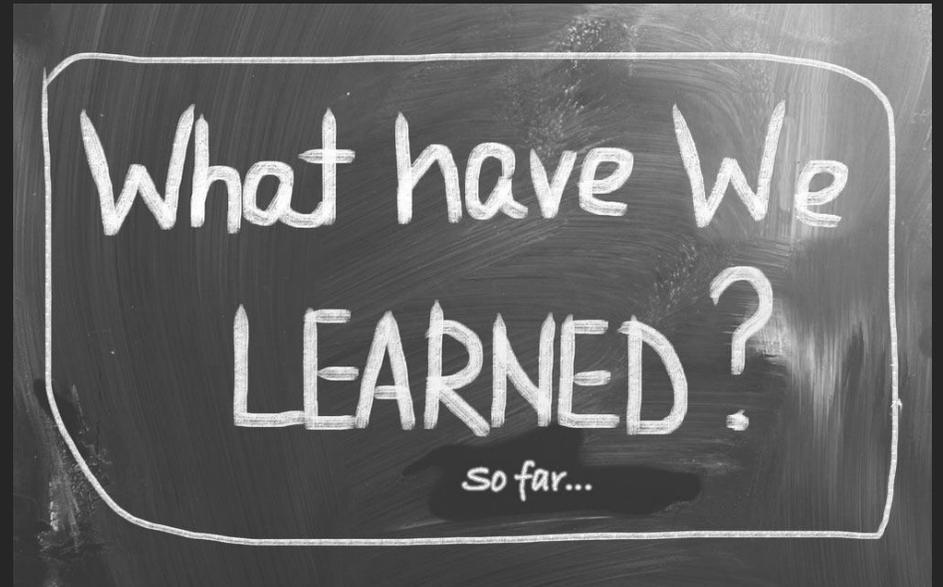
- Relative size and time of the ego are important
- Humble people are more likely to be aware and accepting of impermanence
- Contribute to the understanding of impermanence and humility

## Limitations and Future Directions

- Lack of previous research
- Experimental data needed

# Take Home Message

- Not only is the relative size of the ego important but also how long the ego exists
- Humble people are more likely to be aware and accepting of impermanence



Thank you!  
Questions?

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