

Self-Assessment on Kibr



Introduction

This assessment is designed to introspectively diagnose arrogance and help you take the appropriate action to fight this disease with the hope Insh'Allah to eradicate it from the heart. It is through asking yourself the right questions you can truly identify any issues and remove the thick veil which is blocking any progress and purify the heart.

Prevention is best. However, it is possible the disease has already entered the heart and in order to avoid it spreading further students can undertake a set of questions, whilst seeking its cure.

May Allah purify our hearts and remove any spiritual infections enabling us to bring good health to heart and keep it InshAllah. We hope you can use this model as a way to enrich our hearts and enlighten us with true knowledge of ourselves.

PREVENTION

In order to prevent the disease from entering the heart in the first place requires assessment of any risks for the disease to enter, prevent harmful exposures, disease onset or disease progression. Just as medical vaccines prevent us from contracting a disease, in the same breath, we can avoid the heart from being spiritually diseased if we avoid certain course of action. These are some ways to prevent Kibr from entering the heart:



Reflect on the consequences of Kibr



Visit the sick



Be with the poor and needy



Attend circles of knowledge



Serve others



Remind yourself of your true status in front of Allah

DIAGNOSING KIBR

Circle how often you feel in the following way

(The accuracy of the answers is dependent on how honest you are with yourself)

TYPE OF KIBR		QUESTION	NEVER	SOMETIMES	OFTEN	ALWAYS
GENERAL	1.	If someone told you that you are doing something wrong; would you reject the criticism as you don't think you are wrong?	0	1	2	3
GENERAL	2.	If you upset someone, would you find it hard to apologise?	0	1	2	3
KNOWLEDGE	3.	When you understand an Islamic topic very well, do you feel superior to others who don't?	0	1	2	3
ACTIONS	4.	When you are with people less practicing than you, do you feel you are better than them?	0	1	2	3
FAMILY/STATUS	5.	If someone in your immediate family was to get a big house, would you feel your family is better than other families?	0	1	2	3
BEAUTY	6.	When you wear nice clothes, do you feel that you look better than everyone else?	0	1	2	3
WEALTH	7.	If you (or the main earner in your family) were to get a highflying job with an excellent salary, would you feel you are better than others?	0	1	2	3
STRENGTH	8.	If you had a strong and healthy body, would you look down on people who are physically weak?	0	1	2	3
TRIBE	9.	If you are with a group of familiar friends or wider family and other people are present, do you feel proud that you belong to the large group?	0	1	2	3
HIDDEN	10	If you serve others, do you feel proud that you are really humble?	0	1	2	3
		TOTAL				
		OVERALL TOTAL				

INTERPRETING THE SCORE

SCORE	AMOUNT OF KIBR	ACTION
0-5	Very Low	Look at other diseases of the heart
6-10	Low	Reflect on the cures of kibr
11-15	Moderate	Make a plan of how to implement the cures of kibr
16-25	High	Make an urgent plan of how to implement the cures of kibr
26-30	Very High	Make an urgent plan of how to implement the cures of kibr and seek spiritual advice

CURE

Look at the questionnaire grid, if you scored 2 / 3 (often / always) for any of the following types of kibr then focus on the related cure: (More extensive details of the cures are in the course slides)

	TYPE OF KIBR	CURE
1.	GENERAL	<p>Salah is the main cure for kibr because the positions of ruku and sujud are positions of humility. You debase yourself to the round by touching your face to the ground.</p> <p>Train yourself to know that there are people better than you and your opinions.</p> <p>Keep praising Allah for what He has given you and ask Him to show you your weakness.</p> <p>Put your friends and colleagues first in matters which you could easily put yourselves first.</p>

2.	KNOWLEDGE	Get to know yourself and Your Lord. If man gets to know his real origin, he will know that he is a mere speck in the universe. When he knows his Lord, he can appreciate that nobody is fit for pride except the Lord. To know him, His glory and superiority is the end of spiritual knowledge.
3.	ACTIONS	The action stage is to be humble in practice (not just theory) towards Allah the Almighty and His creation by adopting attributes of humble people, as captured in the character of the prophet (peace be upon him) and the biographies of the pious people.
4.	FAMILY/STATUS	If one takes pride in their family and socio-economic status, then one should know that one is not getting respect from one's own quality but for that of another. To recognise that one's ancestor was created from dust. Another cure in our thought process would be to understand that all honour is from Allah, it can be given to anyone of His creation and can also be taken away. This is irrespective of family background. Accept invitations from those who you consider less than yourself to remove this feeling of superiority. Help others carry their load.
5.	BEAUTY	This medicine is to look at one's internal impurity. Look to your belly which is filled up with urine and stools. You have stools in your intestines, urine in your urinal canal, phlegm emitting from your nostril, spittle in your mouth, blood in our veins, bad body odours and faecal matter. These are signs of your impurity and a cure taking pride in beauty.
6.	WEALTH	You can lose your wealth at any given time so then how can a person who is rich take pride in his wealth? You are merely a slave of Allah and nothing is in your control.
7.	STRENGTH	If you think you are strong know that if you have a headache you are unable to function. If a fly takes something from you, you cannot recover from it. If a mosquito enters your nostril or an ant in your ear you could die. Illness can befall you and you can lose all your strength and become improvised in front of Allah, weak and fragile.
8.	TRIBE	On the day we face Allah we will be alone and there will be no supporters and followers. Everything we own will be left behind.

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