

Checklist of Flaws and Assets

4 Character Defect

Opposite Asset 4

| | |
|---|--|
| aggressive, belligerent | good-natured, gentle |
| angry ² | forgiving, calm, generous |
| apathetic | interested, concerned, alert |
| apprehensive, afraid | calm, courageous |
| argumentative, quarrelsome | agreeable |
| arrogant, insolent | unassuming, humble |
| attacking, critical | fair, self-restrained |
| avoidant | faces problems and acts |
| blocking | honest, intuitive |
| boastful | modest, humble |
| careless ¹ | careful, painstaking, concerned |
| cheating | honest |
| competitive (socially) | cooperative |
| compulsive | free |
| conceited ¹ , self-important | humble, modest |
| contradictory, oppositional | reasonable, agreeable |
| contrary, intractable, pigheaded | reasonable |
| controlling | lets go, esp. of other's lives |
| cowardly | brave ⁴ |
| critical ³ | non-judgmental, praising, tolerant, |
| cynical | open-minded |
| deceitful | guileless, honest |
| defensive | open to criticism |
| defiant, contemptuous | respectful |
| denying | honest, accepting |
| dependent | accepts help but is self-reliant |
| depressed, morose | hopeful, optimistic, cheerful ⁴ |
| dirty, poor hygiene | clean ⁴ |
| dishonest ³ | honest |
| disloyal, treacherous | faithful, loyal ⁴ |
| disobedient | obedient ⁴ |
| disrespectful, insolent | respectful, reverent ⁴ |
| enabling | setting boundaries, tough love |
| envying ^{2,3} | empathetic, generous, admiring |
| evasive, deceitful | candid, straightforward |
| exaggerating | honest, realistic |
| faithless, disloyal | reliable, faithful |
| falsely modest | honest, has self-esteem |
| falsely prideful ^{2,3} | modest, humble |
| fantasizing, unrealistic | practical, realistic |
| fearful ³ | confidant, courageous |

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| forgetful | responsible |
| gluttonous ² , excessive | moderate |
| gossiping ³ | closed-mouth, kind, praising |
| greedy ^{2,3} | moderate, generous, sharing |
| hateful ³ | forgiving, loving, concerned for others |
| hypersensitive | tolerant, doesn't personalize |
| ill-tempered ¹ , bitchy | good-tempered, calm |
| impatient ³ | patient |
| impulsive, reckless | consistent, considered actions |
| inconsiderate | thoughtful, considerate |
| indecisive, timid | firm, decisive |
| indifferent, apathetic, aloof | caring |
| inflexible, stubborn | open-minded, flexible |
| insecure, anxious | self-confident, secure |
| insincere ³ , hypocritical | sincere, honest |
| intolerant ¹ | tolerant, understanding, patient |
| irresponsible, reckless | responsible |
| isolating, solitary | sociable, outgoing |
| jealous ^{1,3} | trusting, generous, admiring |
| judgmental | broadminded, tolerant |
| justifying (own actions) | honest, frank, candid |
| lack of purpose | purposeful |
| lazy, indolent | industrious, conscientious |
| loud | tasteful, quiet |
| lustful ² | healthy sexuality |
| lying ³ | honest |
| manipulative | candid, honest, non-controlling |
| masked, closed | honest, open, candid |
| nagging | supportive |
| narrow minded | open minded |
| obscene, crude | modest, courteous |
| over emotional | emotionally stable |
| perfectionistic | realistic goals |
| pessimistic | realistic, hopeful, optimistic, trusting |
| possessive | generous |
| prejudiced | open-minded |
| procrastinates ³ | disciplined, acts promptly |
| projecting (negative) | clear sighted, optimistic |
| rationalizing | candid, honest |
| resentful ^{1,3} , bitter, hateful | forgiving |
| resisting growing | willing to grow |
| rude, discourteous | polite, courteous ⁴ |

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|--------------------------------------|-----------------------------------|
| sarcastic ¹ | praising, tolerant |
| self-important ³ | humble, modest |
| self-centered | caring of others |
| self-destructive, self-defeating | self-fulfilling |
| self-hating | self-accepting, loving |
| self-justifying ³ | admitting wrongs, humble |
| self-pitying ³ | grateful, realistic, accepting |
| self-righteous | humble, understanding |
| self-seeking ³ | selfless, concerned for others |
| selfish ^{1,3} | altruistic, concerned with others |
| shy | outgoing |
| slothful (lazy) ^{2,3} | industrious, taking action |
| spiteful, malicious | forgiving |
| stealing | honest |
| stubborn | open-minded, willing |
| sullen | cheerful |
| superior, grandiose, pretentious | humble |
| superstitious | realistic, no magical thinking |
| suspicious | trusting |
| tense | calm, serene |
| thinking negatively ³ | being positive |
| treacherous | trustworthy |
| undisciplined, self-indulgent | disciplined |
| unfair | fair |
| unfriendly, hostile, bitchy | friendly ⁴ |
| ungrateful | thankful, grateful |
| unkind, mean, malicious, spiteful | kind ⁴ |
| unsupportive of others | supportive |
| untrustworthy, unreliable, dishonest | trustworthy ⁴ |
| useless, destructive | helpful ⁴ |
| vain | modest, humble |
| vindictive | forgiving |
| violent | gentle |
| vulgar ³ | polite |
| wasteful | thrifty ⁴ |
| willful | accepting of the inevitable |
| withdrawn | outgoing |
| wordy, verbose | frank, to the point, succinct |

Other dysfunctional ways of acting, feeling or thinking which cause others or me pain (specify in the following Review of Flaws).

See source footnotes on page 2.