

## ***Character Defects***

Aimless	Harmful	Restless
Angry	Hateful	Sad
Anxious	Hyper	Self-Centered
Apprehensive	Impatient	Self-Condernation
Arrogant	Inconsiderate	Self-Indulgent
Ashamed	Inconsistent	Self-Justification
Bored	Indifferent	Self-Pitying
Bothered	Insecure/Shy	Self-Righteous
Complacent	Insincere	Self-Seeking
Confused	Intolerant	Selfish
Covetousness	Irresponsible	Sick
Depressed	Irritated	Silly
Despondent	Jealous	Slothful
Disappointed	Judgmental	Smug
Discourteous	Lacking Discretion	Stubborn
Disgusted	Lazy	Submissive
Dishonest	Living in the past	Surprised
Disinterested in Self	Lonely	Suspicious
Disrespectful	Lustful	Tense
Domineering	Need to know	Tired
Doubtful	Out of Control	Ungrateful
Embarrassed	Overwhelmed	Unkind
Envious	Panicky	Unrealistic
Fearful	Pessimistic	Unreasonable
Frightened	Prideful	Unsafe
Frustrated	Procrastinating	Violent
Gluttonous	Prone to gossip	Withdrawn
Greedy	Proud	Worrisome
Grumpy	Resentful	Worthless

## ***Character Assets***

Accepting	Faithful	Prompt
Assertive	Forgiving	Purposeful
Aware of Others	Generous	Realistic
Calm	Gentle	Reasonable
Careful	Happy	Relaxed
Caring	Helpful to Others	Relieved
Cheerful	Honest	Responsible
Clam	Hopeful	Seeking Spiritual growth
Confident	Humble	Serene
Consistent	Industrious	Sincere
Constructively Critical	Kind	Stable
Content	Living for today	Thoughtful
Cooperative	Loving	Tolerant
Courteous	Open-minded	Trusting
Discreet	Optimistic	Trustworthy
Empathetic	Outgoing	Using abilities
Engaged	Patient	Willing to admit failure
Excited	Present	

