

Checklist of Flaws and Assets

Character Defect	Opposite Asset
aggressive, belligerent	good-natured, gentle
angry	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	careful, painstaking, concerned
cheating	honest
competitive (socially)	cooperative
compulsive	free
conceited, self-important	humble, modest
contradictory, oppositional	reasonable, agreeable
contrary, intractable, pigheaded	reasonable
controlling	lets go, esp. of other's lives
cowardly	brave
critical	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
dirty, poor hygiene	clean
dishonest	honest
disloyal, treacherous	faithful, loyal
disobedient	obedient
disrespectful, insolent	respectful, reverent
enabling	setting boundaries, tough love
envying	empathetic, generous, admiring
evasive, deceitful	candid, straightforward
exaggerating	honest, realistic
faithless, disloyal	reliable, faithful
falsely modest	honest, has self-esteem
falsely prideful	modest, humble
fantasizing, unrealistic	practical, realistic
fearful	confidant, courageous

forgetful	responsible
gluttonous, excessive	moderate
gossiping	closed-mouth, kind, praising
greedy	moderate, generous, sharing
hateful	forgiving, loving, concerned for others
hypersensitive	tolerant, doesn't personalize
ill-tempered	good-tempered, calm
impatient	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, hypocritical	sincere, honest
intolerant	tolerant, understanding, patient
irresponsible, reckless	responsible
isolating, solitary	sociable, outgoing
jealous	trusting, generous, admiring
judgmental	broadminded, tolerant
justifying (own actions)	honest, frank, candid
lack of purpose	purposeful
lazy, indolent	industrious, conscientious
loud	tasteful, quiet
lustful	healthy sexuality
lying	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	disciplined, acts promptly
projecting (negative)	clear sighted, optimistic
rationalizing	candid, honest
resentful, bitter, hateful	forgiving
resisting growing	willing to grow
rude, discourteous	polite, courteous

sarcastic	praising, tolerant
self-important	humble, modest
self-centered	caring of others
self-destructive, self-defeating	self-fulfilling
self-hating	self-accepting, loving
self-justifying	admitting wrongs, humble
self-pitying	grateful, realistic, accepting
self-righteous	humble, understanding
self-seeking	selfless, concerned for others
selfish	altruistic, concerned with others
shy	outgoing
slothful (lazy)	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	being positive
treacherous	trustworthy
undisciplined, self-indulgent	disciplined
unfair	fair
unfriendly, hostile	friendly
ungrateful	thankful, grateful
unkind, mean, malicious, spiteful	kind
unsupportive of others	supportive
untrustworthy, unreliable, dishonest	trustworthy
useless, destructive	helpful
vain	modest, humble
vindictive	forgiving
violent	gentle
vulgar	polite
wasteful	thrifty
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.	