

CHARACTER ASSETS	CHARACTER DEFECTS
Accepting	Condemning, Critical, Judgmental (critical of others), Projecting
Adequate	Inadequate
Agreeable, Unruffled, Easy-going, Good-humored, Laidback	Complainer, Argumentative, Hypersensitive, Irritable, Obsessive (reckless and compulsive), Perverse (deliberately unreasonable), Quarrelsome
Approachable, Sociable	Avoidant
Assertive	Aggressive, Passive, Submissive, Timid
Attentive	Neglectful
Calm	Angry, Anxious, Fidgety (unable to sit or keep still), Ill-tempered, Rageful, Short-tempered, Uptight, Violent
Careful	Reckless
Caring	Careless, Indifferent, Uncaring (lacking consideration)
Cheerful	Grumpy (bad-tempered or irritable), Miserable (unhappy), Morose, Sullen
Civilized, Well-mannered	Target people to take things out on
Compassionate	Uncompassionate (cruel disregard for others)
Connected, involved	Detached
Consistent, Even-keeled	Contradictory, Erratic – unpredictable, unstable, unreliable), Inconsistent
Constructive	Destructive
Decisive	Hesitant (unable to make a decision), Indecisive, Wishy-washy
Dependable, Reliable	Flighty, Forgetful, Undependable, Unreliable
Disciplined	Undisciplined
Economical, Thrifty	Extravagant (lack restraint in spending), Wasteful
Empowering	Enabling
Enthusiastic	Apathetic, Jaded (bored or lacking enthusiasm)
Fair	Unfair, Unjust
Faithful	Cheat, Unfaithful
Fearless, confident, courageous, brave	Afraid, Apprehensive, Cowardice/cowardly, Defensive, Fearful, Jealous (envious or resentful), Paranoid (obsessively anxious), Shy
Flexible	Head-strong, Stubborn

Forgiving, Merciful	Resentful (bitter and indignation), Revengeful, Spiteful, Unforgiving (not ceasing anger and resentment), Vengeful (seeking revenge), Vindictive (desire for revenge)
Friendly	Aloof (not friendly or forthcoming), Belligerent, Cold, Jerk (being contemptibly foolish), Unfriendly
Generous	Avarice, Greedy (wanting more), Miserly, Petty –trivial, Stingy, Uncharitable –unkind, unsympathetic
Genuine, Sincere	Hypocritical, In-authentic, Insincere (expressing fake feelings), Unctuous (excessively flattering)
Grateful	Ungrateful
Helpful	Unsupportive
Honest	Deceitful (purposefully misleading), Devious (underhanded tactics), Dishonest, Lying, evasive, dishonest, Manipulative, Secretive (keeps things from others), Sneaky (going behind one's back), Vague
Humane	Sadistic – enjoy causing pain
Humble	Arrogant (inflated sense of self), Boastful, Braggart, Know it all, Proudful, Self-importance, Self-righteous, Snob, Vain
Impartial	Favoritism, playing favorites
Independent, Self-sufficient	Codependent, Dependent
Jealous	Bitter, Covetous, Envious, Resentful
Kind	Asshole or Bitch, Callous, Cruel (inflicting suffering on others), Ill-disposed, Malicious (intending to harm others), Mean (unkind, spiteful), Unkind (inconsiderate and harsh), Venomous (full of malice or spite)
Loyal	Disloyal (changing allegiances), Cheat, Fickle (change loyalty fast and often), Treacherous (betrayal & deception)
Mature	Immature
Moderate	Excessive, Fanatical, Glutton, Indulgent
Modest	Conceited (excessively proud of self), Dramatic, Egotistical (thinking only of oneself), Exaggerating, Grandiose, Immodest, Pretentious
Moral, Principled	Immoral, Unprincipled (lack moral principles), Unscrupulous, Venal (susceptible to bribery)
Obedient, well behaved	Disobedient, Rebellious
Opened	Closed, Secretive (keeps things from others), Withdrawn
Open-minded	Closed-minded, Hidebound (unwilling to change), Narrow-minded, Opinionated, Skeptical
Optimistic, Positive	Cynical, Hopeless, Pessimistic (expecting the worst), Negative
Organized	Disorganized
Patient	Impatient – quickly irritated
Pleasant	Antagonistic, Bitter, Hostile, Obnoxious, Unpleasant

Polite	Coarse –Gross, Impolite, Insolent, Rude, Terse (abrupt and sparing in words), Vulgar
Productive, Industrious, Diligent	Indolent, Lackadaisical, Lack of follow-through, Lazy (unwilling to work), Shiftless
Profound	Shallow (value superficial things), Superficial
Punctual	Tardy –regularly late for things
Real, Natural	Fake, Dramatic, Masked
Realistic	Fantasizing, Unrealistic
Reasoning	Rationalizing – attempting to justify
Respectful	Contemptuous, Controlling, Disrespectful (disregarding one’s wishes for right treatment), Sarcastic
Responsible	Irresponsible, Self-excusing (excuses)
Restrained, close-mouthed	Gossiping
Robust	Brittle (hard but easily breakable), Weak (lacking resolution or strength)
Secure	Insecure
Self-accepting	Self-condemning, Self-loathing
Self-confidence	Self-defeating
Self-constructive	Self-destructive
Self-Controlled, Restrained	Compulsive, Impulsive, Lustful, Promiscuous, Rebellious, Self-indulgent
Selfless	Self-seeking
Sensible	Ridiculous – derision or mockery
Sensitive	Insensitive
Tactful	Crude, Tactless (no sensitivity to others)
Tasteful	Garish (unattractively showy), Repugnant (extremely distasteful), Vulgar
Thoughtful, Considerate	Inconsiderate, Selfish (lacks consideration), Self-absorbed, Self-centered, Thoughtless (lacking consideration)
Tolerant	Discrimination, Intolerant, Prejudiced
Trusting	Distrustful, Suspicious
Trustworthy	Untrustworthy
Truthful	Lying, Dishonest, Evasive, Vague
Unobtrusive	Busybody, Meddler