

Checklist of Flaws and Assets

Character Defect	Opposite Asset						
aggressive, belligerent	good-natured, gentle	forgetful	Gluttonous/ excessive	responsible	Sarcastic	praising, tolerant	
Angry	forgiving, calm, generous	Gossipping	Gossiping	closed-mouth, kind, praising	self-important	humble, modest	
apathetic	interested, concerned, alert	greedy	greedy	moderate, generous, sharing	self-destructive, self-defeating	self-fulfilling	
apprehensive, afraid	calm, courageous	Hateful	forbearing, loving, concerned for others	tolerant, doesn't personalize	self-hating	self-accepting, loving	
argumentative, quarrelsome	agreeable	hypersensitive	ill-tempered/ bitchy	good-tempered, calm	self-justifying	admitting wrongs, humble	
arrogant, insolent	unassuming, humble	ill-tempered/ bitchy	Impatient	patient	self-pitying	grateful, realistic, accepting	
attacking, critical	fair, self-restrained	Impulsive, reckless	Impulsive, reckless	consistent, considered actions	self-righteous	humble, understanding	
avoidant	faces problems and acts	inconsiderate	inconsiderate	thoughtful, considerate	self-seeking	selfless, concerned for others	
blocking	honest, intuitive	indecisive, timid	indecisive, timid	firm, decisive	selfish	altruistic, concerned with others	
boastful	modest, humble	indifferent, apathetic, aloof	indifferent, apathetic, aloof	caring	shy	outgoing	
careless	careful, painstaking, concerned	inflexible, stubborn	inflexible, stubborn	open-minded, flexible	slotful (lazy)	industrious, taking action	
cheating	honest	insecure, anxious	insecure, anxious	self-confident, secure	spiteful, malicious	forgiving	
competitive (socially)	cooperative	insincere/ hypocritical	insincere/ hypocritical	sincere, honest	stealing	honest	
compulsive	free	Intolerant	Intolerant	tolerant, understanding, patient	stubborn	open-minded, willing	
Conceited / self-important	humble, modest	irresponsible, reckless	irresponsible, reckless	responsible	sullen	cheerful	
contradictory, oppositional	reasonable, agreeable	isolating, solitary	isolating, solitary	social, outgoing	superior, grandiose, pretentious	humble	
contrary, intractable, pigheaded	reasonable	Jealous	Jealous	trusting, generous, admiring	superstitious	realistic, no magical thinking	
controlling	lets go, esp. of other's lives	judgmental	judgmental	broadminded, tolerant	suspicious	trusting	
cowardly	brave	justifying (own actions)	justifying (own actions)	honest, frank, candid	tense	calm, serene	
critical	non-judgmental, praising, tolerant,	lack of purpose	lack of purpose	purposeful	thinking negatively	being positive	
cynical	open-minded	lazy, indolent	lazy, indolent	industrious, conscientious	treacherous	trustworthy	
deceitful	quietless, honest	loud	loud	tasteful, quiet	undisciplined, self-indulgent	disciplined	
defensive	open to criticism	Lustful	Lustful	healthy sexuality	unfair	fair	
defiant, contemptuous	respectful	Lying	Lying	honest	unfriendly, hostile, bitchy	friendly	
denying	honest, accepting	manipulative	manipulative	candid, honest, non-controlling	ungrateful	thankful, grateful	
dependent	accepts help but is self-reliant	masked, closed	masked, closed	honest, open, candid	unkind, mean, malicious, spiteful	kind	
depressed, morose	hopeful, optimistic, cheerful	nagging	nagging	supportive	unsupportive of others	supportive	
dirty, poor hygiene	clean	Narrow-minded	Narrow-minded	open minded	untrustworthy, unreliable, dishonest	trustworthy	
Dishonest	honest	obscene, crude	obscene, crude	modest, courteous	useless, destructive	helpful	
disloyal, treacherous	faithful, loyal	over emotional	over emotional	emotionally stable	vain	modest, humble	
disobedient	obedient	perfectionistic	perfectionistic	realistic goals	vindictive	forgiving	
disrespectful, insolent	respectful, reverent	Pessimistic	Pessimistic	realistic, hopeful, optimistic, trusting	violent	gentle	
enabling	setting boundaries, tough love	possessive	possessive	generous	Vulgar	polite	
envying	empathetic, generous, admiring	prejudiced	prejudiced	open-minded	wasteful	thrifty	
evasive, deceitful	candid, straightforward	Procrastinates	Procrastinates	disciplined, acts promptly	willful	accepting of the inevitable	
exaggerating	honest, realistic	projecting (negative)	projecting (negative)	clear sighted, optimistic	withdrawn	outgoing	
faithless, disloyal	reliable, faithful	rationalizing	rationalizing	candid, honest	wordy, verbose	frank, to the point, succinct	
falsely modest	honest, has self-esteem	Resentful/ bitter, hateful	Resentful/ bitter, hateful	willing to grow			
falsely prideful	modest, humble	resisting growing	resisting growing	polite, courteous			
fantasizing, unrealistic	practical, realistic	Rude / discourteous	Rude / discourteous				
Fearful	confidant, courageous						