

The 12 Core Virtues and Their Opposites

Virtue	Definition	Opposite (Non-virtue)	Definition
1. Respect	Treating others with dignity, valuing their rights, opinions, and individuality.	Disrespect	Being rude or demeaning towards others, ignoring their worth or feelings.
2. Kindness	Showing compassion, generosity, and consideration towards others.	Cruelty	Acting with hostility, indifference, disregarding the well-being of others.
3. Honesty	Speaking and living with truth.	Deception	Lying, hiding, or pretending to be something you're not.
4. Responsibility	Being accountable for one's actions, fulfilling obligations, and making thoughtful decisions.	Irresponsibility	Neglecting duties, avoiding accountability, or acting recklessly without considering consequences.
5. Patience	Bearing delays or difficulties without frustration.	Impatience	Demanding quick results; quitting too soon.
6. Gratitude	Recognizing and being thankful for what is good.	Entitlement	Believing you deserve everything, without thanks.
7. Courage	Doing what is right, even when it's hard or scary.	Cowardice	Avoiding what's hard, letting fear rule decisions.
8. Humility	Knowing your value without needing to prove it.	Pride / Arrogance	Always needing to be right, better, or seen.
9. Self-Control	Governing your impulses and emotions.	Indulgence	Reacting emotionally, giving in to every desire.
10. Compassion	Caring deeply about the suffering of others.	Indifference	Ignoring others' pain or pretending not to see.
11. Forgiveness	Releasing bitterness toward those who wrong you.	Resentment	Holding onto anger, bitterness, or a desire for revenge.
12. Wisdom	The ability to make sound decisions based on knowledge.	Folly / Foolish	Acting without thought, understanding, or consideration.