

Personality defects	Virtues
1. Personality defects that can adversely affect others to a greater extent	
A. Destructive	Constructive
B. Quarrelsome	Mingling with others, forgiving
C. Short-tempered	Being understanding, affectionate
D. Irritable	Self-controlled and being peaceful
E. Arrogance	Humility
F. Looking down upon others	Respectful
G. Criticising others	Praising others, inculcating virtues
H. Inhospitable	Hospitable
I. Blaming others	Understanding
J. Having misconceptions	Not having misconceptions, always living in the present
K. Stubbornness	Getting along with others, attitude of listening to others, behaving as per the wishes of others, not
L. Temperamental	Being regular, definite and consistent
M. Unpunctual	Punctual
2. Personality defects that can harm the self to a greater extent	
A. Envious	Appreciating others, attitude of learning from others, not being greedy
B. Jealous	Appreciating others, not jealous of others, encouraging others, no animosity towards others
C. Suspicious	Not having any doubts, a feeling of security, trusting others
D. Pride	Humility
E. Egoistic	Having no ego, being humble
F. Lying	Truthful
G. Dishonesty	Honesty
H. Being ungrateful	Being grateful
I. Having no repentance	Having repentance
J. Emotional	Being strict, firm
K. Lack of seriousness	Being serious, understanding the seriousness of an issue
L. Lack of planning	Good planning
M. Forgetful	Having a good memory
N. Impatient	Patient and self-control
O. Hasty	Careful
P. Carelessness	Careful
Q. Fearful	Courageousness, fearlessness, having the ability to fight back
R. Irresponsible	Responsible
S. Not fulfilling duties	Dutiful
T. Shirking or avoiding duties	Dutiful
U. Overspending nature	Thrifty
V. Day-dreaming	Thinking of the circumstances, living in the present
W. Being aloof	Living in the company of others, mingling socially
X. Pointing mistakes of others	Paying attention to own mistakes, not criticising others
Y. Disobedience	Obedience
Z. Shy	Confident in a crowd
AA. Not being systematic	Being systematic

3. Personality defects that may be least distressing to the self

A. Laziness	Being prompt, hardworking
B. Inability to concentrate	Ability to concentrate
C. Lacking self-confidence	Self-confidence
D. Being poor in decision making	Having good decision making ability
E. Not taking initiative	Taking initiative, not being shy, not retracting, being fearless
F. Lack of perseverance	Having perseverance
G. Talking unnecessarily	Being reserved, speaking to the point
H. Selfishness	Being unselfish, having a benevolent attitude
I. Narrow-mindedness	Broad-mindedness
J. Self-centred	Being concerned about others or being expansive
K. Not lending anything to others	Sacrificing for the sake of others
L. Not being generous	Being generous
M. Having no concern for others	Having concern, love, <i>Prīti</i> (Unconditional love) for others