

LIABILITIES	ASSETS
<p>Self-pity – excessive, self-absorbed unhappiness over one's own troubles</p>	<p>Self-Compassion (the antidote to Self-pity) – nurturing tenderness; ability to be in pain & difficulty while staying gentle with self; and Working with Others – getting outside of self by focusing on others</p>
<p>Resentment – the consequence of being angry or bitter toward someone for an extended period of time</p>	<p>Forgiveness (the antidote to Resentment) – conscious decision to let go of deeply held negative feelings or to stop being angry with someone who has done something wrong</p>
<p>Fear – the fear of losing something you have or not getting what you want</p>	<p>Faith (the antidote to Fear) – a complete trust or confidence in someone or something</p>
<p>Selfishness – the concern only for ourselves and our own welfare or pleasure without regard for others</p>	<p>Consideration (the antidote to Selfishness) – being conscientious of another person's well-being and showing kindness, thoughtfulness, and sensitivity toward them</p>
<p>Self-centeredness – making ourselves the center of the universe, wanting to control and play God</p>	<p>Faith-centeredness or God-centeredness (the antidote to Self-centeredness) – we let go of playing God and accept God's plan for us and for others</p>
<p>Dishonesty – involves theft or deceptions, cheating, lying or withholding the truth</p>	<p>Honesty (the antidote to Dishonesty) – being truthful, straightforward, and ethical</p>
<p>False Pride – feelings of being better than (grandiosity, superiority, know it all) or less than (shame, unworthiness, low self-esteem)</p>	<p>Humility (the antidote to False Pride) – the ability to see yourself and others in a realistic and non-hierarchical way; to feel neither superior nor inferior</p>
<p>Mistrust – jealousy that has to do with suspicion, and distrusting other's motives and doubting the faithfulness of a friend</p>	<p>Trust (the antidote for Mistrust) – the firm belief in the reliability, truth, ability, or strength of someone or something</p>
<p>Envy – the desire to have a quality, possession, or other desirable attribute belonging to someone else</p>	<p>Contentment (the antidote for Envy) – the state of being satisfied and pleased with what you have; feeling at ease with the way things are</p>
<p>Procrastination – a kind of laziness to work or avoidance to follow through with right actions</p>	<p>Action (the antidote for Procrastination) – the process of carrying out a task especially when dealing with a problem or difficulty</p>