

Liabilities and Assets

False Pride > Humility

feelings of being better than [grandiosity, superiority, know it all] or less than [shame, unworthiness, low self-esteem]

**Humility** is the ability to see yourself and others in a realistic and non hierarchical way; to feel neither superior

Mistrust > Trust

jealousy that has to do with suspicion, and distrusting other's motives and doubting the faithfulness of a friend

**Trust** is the firm belief in the reliability, truth, ability or strength of someone or something

Envy > Contentment

The desire to have a quality, possession, or other desirable attribute belonging to someone else

**Contentment** is the state of being satisfied and pleased with what you have; feeling at ease with the way things are.

Procrastination > Action

a kind of laziness to work or avoidance to follow through with right actions

**Action** is the process of carrying out a task especially when dealing with a problem or difficulty

Resentment > Forgiveness

**Resentment:** (the consequence of being angry or bitter toward someone for an extended period of time)

**Forgiveness** is a conscious decision to let go of deeply held negative feelings or to stop being angry with someone who has done something wrong.

Fear > Faith

**Faith** is the complete trust or confidence in someone or something

**fear** of losing something you have or not getting what you want)

Selfishness/Self-Centeredness > Consideration

Concern only for ourselves and our own welfare or pleasure without regard for others

**Consideration** is being conscientious of another person's well-being and showing kindness, thoughtfulness and sensitivity toward them.

Dishonesty > Honesty

involves theft or deceptions, cheating, lying or withholding the truth

**honesty** is being truthful, straightforward and ethical