

DEFECT/ASSETS - MARCH 2025

DEFECT	DESCRIPTION	CORRESPONDING ASSET
Acquiescent	Really to accept something without protest, or to do what someone else wants.	Assertive, grounded, confident,
Aimlessness	Without purpose or direction	Purposeful, focused, goal oriented
Ambition	The strong desire to to or achieve something	Acceptance, grounded, guided
Anxiety	Feeling of worry, nervousness, or unease, can be intense, excessive, and persistent	Peace, faith, calmness, serenity
Avoidance	The act of avoiding or keeping away from	Engaged, present,
Bitterness	Anger or disappointment at being treated unfairly; lingering resentment, anger, or cynicism	Sweetness, delight, contentment, warmth, magnanimity
Blame	Assign responsibility for a fault or wrong	Accountability, acceptance, awareness, perspective
Bluntness	Direct or honest often without regarding for social niceties to the point of appearing rude or insensitive	Subtle, tactful, kind
Boastfulness	Showing excessive pride and self-satisfaction in one's	Humility, modesty, unassuming,
Bullying	To seek, harm, intimidate, or coerce	Gentle, peaceable, nonviolent, calm, composed, assertive,
Callousness	Having an insensitive or emotionally hardened, indifferent or unsympathetic	Compassion, mercy, consideration, thoughtfulness, goodwill
Capriciousness	Given to sudden and unaccountable changes of mood or behavior	Stable, consistent
Character Assassination	Malicious and unjustified harming of another's reputation	Anonymity, support, love, care, kindness
Complacent	Showing smug or uncritical satisfaction with oneself or one's achievements	Engaged, active, humble
Conflict averse	Having a tendency to avoid disagreements and confrontations, preferring to steer clear where conflict might arise	Assertive, courageous, genuine
Confusion	The state of being bewildered or unclear in one's mind about something	Clarity, awareness, engaged
Control	Attempts to determine the behavior of or supervise the running of.	Surrender, acceptance, faith,
Cowardice	Lacking bravery, being easily frightened, or being eager to avoid danger.	Courage, bravery, valor, fearless, daring, bold, audacious
Criticism	The expression of disapproval of someone or something based on perceived faults or mistakes	Approval, praise
Cruelty	Causing pain or suffering for others; feeling no concern	Compassion, kindness, mercy,
Cynicism	Belief that people are only interested in themselves and	Optimism, empathetic, sincere,
Defiant	Showing a disposition to challenge, resist, or fight	Cooperative, open minded, engaged
Denial (willful ignorance)	Refusing to acknowledge a painful or anxiety provoking reality, effectively avoiding confrontation with a problem	Awareness, acceptance
Dependency/neediness	Relying excessively on another for emotional support, validation, and decision-making, potentially leading to an	Independent, self-supporting (emotional, physical, financial),
Diffidence	Modesty or shyness arising from a lack of self-confidence	Confidence
Disdain	The feeling that someone or something is unworthy of one's consideration or respect, contempt	Admiration, regard, care, respect, esteem
Dishonesty	Deceitful Ness shown in someone's character or behavior	Honesty, truth, authenticity

Disorganized	Unable to plan one's activities efficiently	Orderly, systematic, coherent
Dissociation	The state of feeling disconnected from oneself or others	Present, connected, grounded, aware, awake
Distracted	Unable to concentrate because someone's mind is preoccupied.	Focused, attentive, engaged, concerted
Distraction	Extreme agitation of the mind or emotions	Calm, grounded, serene, peaceful
Distrust	The feeling that someone or something cannot be relied	Trust, faith
Dread	Anticipate with great apprehension or fear	Anticipation, excitement, confidence,
Ego	Your idea or opinion of yourself, especially your feeling of your own importance and ability.	Humility, humble, grounded, self-aware
Emotionally unavailable	Unable to express or handle their emotions and consequently has difficulty forming deep emotional	Present, engaged, emotionally literate, open, vulnerable
Envy	A feeling of discontented or resentful longing aroused by someone else's possessions, qualities, or luck	Perspective, self-aware, good will, generosity of spirit,
Evasiveness	Act of avoiding direct or clear answers, often to conceal information or a difficult situation.	Frank, direct, candid, honest, openness
Exaggeration	Tendency to represent something as better or worse than it really is	Understated, honest, truthful, fact-based
Expectant	To have expectations about what may transpire next	In the present moment, detachment, acceptance
Exploitive	Making use of a situation or treating others unfairly in	Altruistic, benevolence, charity,
Extravagance	Lacking restraint in spending money or using resources	Self-restraint, mindful, moderation,
False pride	A sense of inflated self-importance that stems from insecurity and a need for external validation.	Humility, self-awareness
Fanaticism	Extreme beliefs that may lead to unreasonable or violent behavior	Moderation, tolerance, open-mindedness
Forgetfulness	Being unmindful, inattentive, absent-minded	Reliable, mindful, present
Gossip	Engage in conversation or reports about other people,	Discretion, trustworthiness, anonymity
Grandiosity	Exaggerated beliefs about one's abilities, accomplishments or influence, a sense of entitlement or	Humility, modesty, authenticity, self-aware
Greed	Intense and selfish desire for something, especially wealth, power, or food.	Generosity, fulfillment, Contentment
Guilt	Feelings of deserving blame especially for imagined offenses or from a sense of inadequacy - usually temporary, specific actions.	Acceptance, self-forgiveness, compassion
Hate	Intense hostility and aversion (dislike) usually deriving from fear, anger or a sense of injury	Indifference, detachment
Hypersensitive	Excessively or abnormally attune to slight changes, signals, or influences	Calm, resilient, grounded
Immaturity	Having or showing an emotional or intellectual development appropriate to a younger person	Adult, sensible, reasonable
Immediate gratification	The tendency to prioritize and seek immediate	Patience, detachment,
Impatience	The feeling of being annoyed by someone's mistakes or because you have to wait. The feeling of wanting	Detached, patient, tolerant, accepting
Imposter syndrome	Persistent feelings of inadequacy, self-doubt, and	Confidence, awareness, humility
Impotence	Inability to take effective action	Powerful, effective, strong
Inattentive	Failing to attend to the needs or wishes of others, not paying attention	Careful, mindful, observant, focused
Inconsistent	Not staying the same throughout	Predictable, constant, consistent, steady, steadfast
Indecision	Slowness or trouble making up one's mind	Decisive, confident, resolute, determined

Indifference	Lack of interest, concern, or sympathy	Care, interested, engaged, eager
Inferiority	Feeling lower in status when compared to others	Humility, detachment
Insensitive	Showing or feeling no concern for others' feelings	Aware, engaged, compassionate, concerned
Insincerity	The quality of not expressing genuine feelings	Genuine, honest, frank, authenticity,
Jealousy	Feeling resentment, bitterness, or hostility toward	Accepting, generous, benevolent,
Judgement	The capacity for forming or expressing an opinion of a	Detachment, acceptance, impartiality
Know it all	The need to be perceived as having all the answers,	Humble, humility
Lack of empathy	Unable to understand, share, or feel the emotions and experiences of others, potentially leading to difficult in	Compassion, understanding, connection, open-hearted,
Laziness	The quality of being unwilling to work or use energy	Industriousness, discipline, diligent,
Learned helplessness	A state where an individual, after repeatedly experiencing aversive or negative stimuli that they cannot control, stops	Engaged, optimistic, agency,
Loquaciousness	The practice of being very talkative or chatty	Circumspect, mindful, respectful,
Malevolent	Having or showing a wish to do harm to others	Loving, kind, warm, compassionate, benevolent
Moody	Unpredictable changes of mood, including sudden bouts of gloominess or sullenness	Stable, balanced, calm,
Myopia	Lacking foresight, imagination, or intellectual insight	Broad minded, open minded, aware, engaged
Narcissistic	Having an excessive interest in oneself, having an	Modest, self-effacing
Negligence	Failure to take proper care in doing something	Care, diligence, vigilance
Nosiness	Being too interest in things that do not involve you, or prying into matters that are none of your business	Detached, unobtrusive, respectful of boundaries
Oblivious	Not aware of or not concerned with what is happening around you	Aware, conscious, engaged
Obsessive	Having or showing excessive or compulsive concern with	Broad minded, indifferent, calm,
Oversharing	Telling people an inappropriate amount of detail regarding one's own life.	Circumspect, discreet, setting boundaries
Overwhelmed	Feeling completely defeated, feeling buried or drowned beneath something	Grounded, surrendered, free, happy, untroubled
Paranoid	Unreasonably or obsessively anxious, suspicious, or mistrustful.	Trust, confidence, belief in the positive intentions of others
Passive aggression	Pattern of indirectly expressing negative feelings instead of addressing them directly	Assertive or direct communication, direct, honest respectful
Passivity	Acceptance of what happens to you without active	Agency, engagement, assertive,
People pleasing	The tendency to prioritize others' needs and desires above one's own, often at the expense of personal well	Assertive, independent, prioritize own needs, autonomy
Pettiness	Undue concern with trivial matters, especially of a small-	Magnanimity, generosity, broad-
Procrastination	Put off doing something intentionally and habitually	Decisiveness, faith, trust, resoluteness
Projection	A situation where a person attributes their own unacceptable thoughts, feelings, or behavior to someone	Self-awareness, detachment, acceptance, clarity
Pugnaciousness	Eager or quick to argue, quarrel, or fight	Peaceful, peaceable, non aggressive,
Rebellious	Tendency to resist authority, control, or "norms"	Alignment, acceptance, "a part of"
Resentment	The feeling of displeasure or indignation at some act,	Acceptance, indifference, Good will,
Restless	Unable to rest or relax as the result of anxiety or	Calm, quiet, related, peaceful
Rigidity	Inability to be changed or adapted	Flexible, adaptive,

Rumination	Obsessive thinking about an idea, situation or choice, especially what it interferes with normal mental functioning	Detachment, mindfulness, acceptance
Sanctimonious	Making a show of being morally superior to other people;	Humble, sincere, genuine
Scarcity thinking	A mindset that focuses on what one lacks, believing	Abundant thinking
Self-abandonment	Rejection of your own thoughts, feelings or needs	Self-worth, self-care,
Self-absorbed	Preoccupied with one's own feelings, interests, or situation	Consider, kind, selfless, respectful, magnanimous,
Self-centered	Preoccupied with oneself and one's affairs	Selflessness, consideration
Self-condemnation	The act or habit of condemning (=strongly criticizing)	Self-acceptance, self-awareness,
Self-delusion	The failure to recognize reality	Awake, aware, grounded, accepting,
Self-deprecating	Critical of oneself, often using humor	Realistic, humble, self-aware
Self-doubt	A lack of faith in oneself	Confidence, courage,
Self-importance	An exaggerated sense of one's own value or importance.	Humility, modesty, unselfish
Self-indulgence	Excessively or lavishly have or do things that you enjoy very much	Restrained, disciplined, self-governed
Self-justification	The act of rationalizing or explaining one's actions to align with personal beliefs and values, often to protect	Truth, honesty, self-awareness, accountability, responsibility
Self-loathing	A feeling that is similar to self-hatred as it constantly pushes the idea that you are not good enough.	Self-love, self-esteem, self-acceptance, self-compassion, self-
Self-neglect	A pattern of behavior where an individual fails to care for	Self-care, self-love,
Self-pity	Excessive, self-absorbed unhappiness over one's own troubles	Resilience, tenacity, grit, perspective, acceptance
Self-reliance	The practice of relying on oneself	Faith, surrender, alignment,
Self-will/willfulness	Obstinately doing what you want in spite of the wishes or	Spiritually guided, surrendered,
Selfishness	Concerned excessively or exclusively with oneself,	Generous, selfless, altruistic
Shallow	Having little depth in character, intellect, or emotional understanding	Thorough, profound, earnest, deep character
Shame	A painful feeling of humiliation or distress caused by wrong or foolish behavior	Indifference, dignity, self-compassion, self-acceptance
Sloth	Disinclined to action or labor; spiritual apathy and	Productive, conscientious, vigor,
Status-obsessed	People who make value judgments about others and themselves on the basis of financial status	Humble, humility, accepting
Superiority	The idea that one person is better/stronger/smarter than	Humility, detachment
Tardiness	the quality or fact of being late	Punctual, respectful, mindful,
Toxic nostalgia	Harmful, excessive yearning for the past that can lead to dwelling on the past, ignoring current circumstances and	In the present moment, gratitude for current circumstances
Undeserving	Lacking merit, not worthy of praise, assistance, attention,	Clarity, humility, deserving, self-
Undisciplined	Uncontrolled in behavior or manner	Structure, grounded, restrained,
Unforgiving	Not willing to forgive; harsh, hostile	Kind, compassionate, understanding, accepting
Unworthy	Feeling undeserving of effort, attention, or respect	Self-value, self-care, deserving,
Vain	Having or showing excessively high opinions about your looks, abilities, or worth	Humble, modest, unassuming
Vengeful	Seeking to harm someone in return for a perceived injury	Forgiving, benevolent, kind
Vindictive	Having or showing a strong or unreasoning desire for revenge	Forgiving, charitable, merciful, benevolent, kind, altruistic
Violent	Using physical force - or the threat of force - to hurt or damage someone or something	Gentle, respectful, kind

Whiny	Having a complaining tone	Grateful,
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