

**The Master List
of Virtues
and Vices**

Compiled for the Community

by Lion Goodman

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Virtues and Vices

People say that there are many sins and virtues, but I think there is only one sin – to let one breath go without being conscious of it.

-- Hazrat Sayyed Abu Hashim Madani, Sufi Master

A **virtue** is a habit or quality that allows the bearer to succeed at his/her/its purpose. The virtue of a knife, for example, is sharpness; among the virtues of a racehorse is speed. Thus to identify the virtues for human beings, one must have an account of what the human purpose is. This is a list of virtues compiled from many sources. Please feel free to edit and add to this document if you see omissions or errors. Write to me: lion@beliefcloset.com. Consider this a community resource. Share it freely, modify it freely. See the *Creative Commons License* information on the last page.

Eudaimonia is a state variously translated from Greek as *well-being, happiness, blessedness*, and in the context of virtue ethics, *human flourishing*. *Eudaimonia* in this sense is not a subjective, but an objective, state. It characterizes the well-lived life, irrespective of the emotional state of the person experiencing it. According to Aristotle, *eudaimonia* is the proper goal of human life. It consists of exercising the characteristic human quality – [reason](#) – as the soul's most proper and nourishing activity. Aristotle, like Plato before him, argued that the pursuit of *eudaimonia* was an activity that could only properly be exercised in the characteristic human community—the [polis](#) or [city-state](#) (we would call it our *community*). For the virtue theorist, *eudaimonia* describes that state achieved by the person who lives the proper human life, an outcome that can be reached by [practicing](#) the virtues.

More than 650 Virtues are listed. Three lists follow the *Master List of Virtues: The Master List of Vices (more than 350)*, *The Master List of Values* (© *Values Technology, Inc.*), and *The VIA Classification of Character Strengths* (© *VIACharacter.org*). Numerous resources for further study are also included.

How to Use This List

Life presents us, at every moment, opportunities to practice the Virtues: How you choose to act or respond to what presents itself to you. Here are suggestions for practicing them more consciously:

- Circle the Virtues you want to practice during the coming year, and post them visibly so you can be reminded of them every day.
- Create a set of "Virtue Cards" and pick one each day to practice.
- Review the list of Vices, recognize which ones you have been practicing in your life, and practice the opposite Virtue for one full week.
- Look up in a dictionary any words that are unfamiliar, or which you can't define, including the derivation, usage, and examples.
- Meditate on one Virtue each day.

I wish you well on your journey to a more virtuous life of *eudaimonia*.

The Master List of Virtues

A	awe	companionship
ability		compassion
abundance	B	completeness
acceptance	balance	composure
accountability	beauty	comprehension
accuracy	being true to oneself	compromise
achievement	belief	concentration
acknowledgement	benevolence	confession
acting on convictions	benignity	confidence
activism	bliss	congruence
adaptability	bravery	conscience
adoration		consciousness
adventure	C	consecration
advice	candor	conservatism
affection	capacity to love	consideration
aging gracefully	capacity to be loved	consistency
allowing	care	contemplation
altruism	caring	contentment
amazement	caution	contribution
ambition (<i>philotimia</i>)	celebration	control
anger at injustice	celibacy	conviction
anticipation	certainty	cooperation
apology	chance	cooperativeness
appeasement	change	correctness
appreciation	chaos	courage
appreciation of beauty	character	courteousness
appreciation of excellence	charity	courtesy
approbation	charm	creativity
appropriate knowledge	chastity	credibility
appropriate conduct	cheerfulness	critical thinking
approval	chivalry	culture
art	choice	curiosity
assertiveness	citizenship	
assumptions	civility	D
atonement	clarity	death (acceptance of)
attention	class	decency
attitude	cleanliness	dedication
austerity	coincidence	deliberation
authenticity	collaboration	delight
authority	commitment	dependability
autonomy	communication	desire
awareness	communion	destiny
	community	detachment

determination
devotion to virtues
devotion to others
dignity
diligence
diplomacy
discernment
discipline
dis-creation (of what
is no longer needed)
discretion
disillusion
dissolution
diversity
dreams
dutifulness

E

eagerness
earnestness
ecstasy
education
efficiency
endurance
effort (doing one's
best)
elegance
elevation
eloquence
emotion
empathy
emptiness
encouragement
endurance
energy
enlightenment
enthusiasm
epiphany
equality
equanimity
esteem
etiquette
excellence
excitement
expressiveness
extravagance

F

failure (allowing for)
fairness
faith
faithfulness
family
farsightedness
fearlessness
feeling
fidelity
finishing what's started
flexibility
flow
focus
forbearance
foresight
forgiveness
fortitude
frankness
freedom
friendliness (*philia*)
friendship
frugality
fulfillment
fun

G

gallantry
generosity
genius
gentleness (*praotes*)
genuineness
glory
goals
godliness
good speech
goodness
grace
grandeur
gratefulness
gratitude
gravitas
gravity
growth

H

happiness
harmlessness
harmony
healing
health
heaven on earth
helpfulness
helping others
holiness
honesty
honor
hope
hopefulness
hospitality
humanity
humility
humor

I

idealism
ideals
identities (ease of
shifting)
illumination
imagination
impartiality
imperfection (allowing
for)
inclusion
incorruptibility
independence
individuality
industriousness
ingenuity
initiative
inner exploration
innocence
innovation
insight
inspiration
instinct
integrity
intelligence
interdependence
interest in the world
intimacy

intuition
inventiveness
investigation
invincibility
irony

J
joy
joyfulness
judgment (good)
justice

K
kind speech
kindness
kinship
knowledge

L
laughter
leadership
learning
leisure
liberalism
liberality
(*eleutheriotes*)
liberty
listening
logic
love
love of learning
loving-kindness
lovingness
loyalty
luck
luxuriating

M
Magnificence
(*megaloprepeia*)
majesty
management
manners
maturity
meaning
mellowness
mercy

mildness
mindfulness
minessence (organiz-
ing into higher order
systems)
mistakes (allowing for)
moderation
modesty
morality
motherhood
motivation

N
niceness
nobility
non-covetousness
non-duality
non-separateness
non-violence
nostalgia
nurturance
nurturing

O
obedience (to higher
principles)
objectivity
obligations (fulfillment
of)
open-heartedness
open-mindedness
openness
optimism
order
orderliness
organization
originality
overcoming adversity (&
impediments)

P
pacifism
paradise
passion
patience
patriotism
peace

peacefulness
penitence
pensiveness
perseverance
persistence
personality
perspective
persuasion
philanthropy
piety
pity
planning
play
playfulness
pleasure
pluralism
politeness
positive bias
potency
potential
power (right use of)
practice
practicality
pragmatism
praise
prayer
prayerfulness
precision
principles
privacy
privilege
potency
probity
problem-solving
productivity
professionalism
profit
promises
propriety
prosperity
protection
protest
prudence
punctuality
purification
purity
purity of heart

purpose
purposeful work
purposefulness

Q
quality evaluation
quality improvement
quest

R
radiance
rapture
rationality
realism
reality
realization
reason
rebirth
receptivity
reciprocity
recognition
reconciliation
rectitude
redemption
refinement
reflection
relaxation
release
reliability
religiosity
remembering
remembrance
remorse
renunciation
repentance
reputation
research
resilience
resisting temptations
resolution
respect
respectability
respectfulness
responsibility
restraint
reverence

right action
right concentration
right effort
right intention
right livelihood
right mindfulness
right speech
right view (Buddha's
Noble Eightfold Path)
right use of power
right use of will
righteousness
rights (respect for)
risk taking
rituals
romance
roots

S
sacredness
sacrifice
sadness
salvation
sanity
satiety
satisfaction
secrecy (proper use)
security
seeing
self-awareness
self-centeredness
self-confidence
self-control
self-discipline
self-esteem
self-examination
self-expression
self-improvement
self-possession
self-regulation
self-reliance
self-respect
self-restraint
self-righteousness
self-trust
sense of purpose
sensibility

sensitivity
sensory pleasure
sensuality
sentimentality
serendipity
serenity
service
sharing
shyness
silence
simplicity
sincerity
skepticism
skill
smartness
sobriety
social intelligence
social responsibility
solidarity
solitude
soul evolution
soulfulness
spirit
spiritual insight
spirituality
sportsmanship
steadfastness
stick-to-it-iveness
straightforwardness
strength
stress ("good")
study
success
succor
suffering (with
understanding)
support of others
surrender
sweet-tempered
sympathy
synergy

T
tact (*epidexia*)
tactfulness
talent
taste

teaching others
team-spirit
teamwork
temperance
tenacity
tenderness
thankfulness
thoroughness
thoughtfulness
thrift
time
tithing
tolerance
tradition (respect for
& maintenance of)
training
tranquility
transcendence
transcendental wisdom
transformation
transition
trust
trustfulness

trustworthiness
truth
truthfulness (*aletheia*)

U
unconditional love
understanding
unity
universality
unselfishness

V
valor
values
verbal acuity
victory
vigor
virility
virtue
vision
vitality
vulnerability

W
wealth
wholesomeness
will (proper use of)
wisdom
wittiness (*eutrapelia*)
wonder
work
workmanship
worship
worth

Y
yes!-ing
youthfulness

Z
zealousness
zest

The Master List of Vices

Note that any of these vices can, under certain circumstances, be neutral or even positive virtues. These are words used to describe behaviors and actions which tend NOT produce harmony, goodness, happiness, or *eudaimonia*, but rather their opposites.

Any virtue applied to excess can turn into a vice. (Too much medicine is toxic, for example. Too much love can become co-dependence. Too much peace can become passivity.)

Many of the vices listed below could be used as a virtue if appropriately applied to specific circumstances, people, timing, and lessons required for growth and evolution. Many teachers have used what is called "crazy wisdom" to awaken their students, for example. Because great wisdom is required to use any vice in a virtuous manner, vices are best avoided.

Whatever you practice becomes stronger. If you are not actively practicing one or more virtues, you are probably practicing one or more vices.

A	avarice	compromise
absolutism	awkwardness	con artist
abstemiousness		conceit
abuse	B	concupiscence
addictions	baseness	condescension
adultery	bigotry	conflict
adversity	blame	conformity
aggression	blasphemy	confusion
agitation	boastfulness	conniving
alcoholism	boredom	contempt
alienation	brutality	contradiction
aloofness	burn-out	contrariness
ambition		control
anarchy	C	corruption
anger	calculation	cowardice
angst	callousness	criticism
animosity	calumniation	cruelty
annoyance	capriciousness	cunning
anxiety	celebrity	cursing
apathy	ensoriousness	cynicism
approval-seeking	chaos	
arrogance	chauvinism	D
attachment	complacency	death
automaticity	complaining	debasement

deceit
deception
definition
deification
delusion
denial
dependency
depravity
depression
derision
desecration
desire for fame
desolation
despair
destitution
detachment
deviance
disappointment
disapproval
discord
disempowerment
disgracing
dishonoring
disproportionate
disregard
disrespect
disruption
dissatisfaction
dissembling
distortion
dogmatism
dominance
doubt
drudgery
dysfunctionality

E
eagerness for
power
eccentricity
effrontery
egoism
egotism
ejection from group
elitism
embarrassment
emptiness

enmity
enviousness
envy
escapism
evil
exaggeration
excess
excessiveness
exclusion
exclusivism
expectations
exploitation
extravagance
extremism

F
failure
faithlessness
falseness
fame (seeking after)
fanaticism
fantasy
fashion
fatalism
faults
fear
feigning
fight
fixations
folly
forgetfulness
frailty
fundamentalism
furtiveness
futility

G
gambling
garrulity
gaudiness
glamour
gloominess
gluttony
gossip
greed
grief

grudges (holding on to)
grumpiness
guilt

H
hard-heartedness
harassment
hate
hatred
haughtiness
hell
heresy
hiding
hiding the truth
high-handedness
hoarding
hostility
humiliation
hurt
hyperbole
hypocrisy
hysteria

I
ignorance
illusion
imbalance
imitation
immodesty
impatience
imperfection
imperiousness
impertinence
imposture
impudence
inattentiveness
inconsistency
indecenty
indecision
indifference
indigence
individualism
ingratitude
inhibitions
insanity
insatiability
insecurity

insidiousness
insolence
insult
interrupted enthusiasm
intemperance
interruption
intolerance
intimidation
intransigence
irony
irascibility
irrationality
irresponsibility
irritation
isolation

J
Jealousy
jokester
judgmental
justification

K
know-it-all
killing
killing joy

L
laziness
lecherousness
lethargy
licentiousness
lies
loneliness
loss
lust
luxury
lying

M
machismo
madness
making wrong
maliciousness
malignancy
manipulation

masochism
materialism
meanness
mediocrity
meekness
melancholy
mercilessness
misery
miserliness
misrepresentation
mistakes
money (focus on)
moodiness
murder

N
naiveté
narcissism
narrow-mindedness
nastiness
neediness
negativity
neurosis
nihilism

O
obedience (without question)
obsession
obstinacy
opportunism
oppression
ostentatiousness
over-analyzing
over-consumption
over-identification
overly dutiful
overly responsible

P
pacifism (in the face of the requirement to act)
pain
panic
passion
passive-aggressive

passivity
patronizing
pensiveness
penury
persuasion
perversion
pessimism
pestering
pettiness
pomposity
poverty
power over another
prejudice
presumption
pretense
pretentiousness
pride
privilege
problems
procrastination
prodigality
profit-as-sole-value
profligacy
projection on others
promiscuity
promises un-kept
punishment

Q
quarrelsomeness
quitting

R
racism
rage
rape
rapaciousness
rapacity
rashness
recklessness
refusal
regret
reification
rejection
remorse
resentment
resignation

revenge
rudeness
righteousness
ridicule
righteousness
rigidity
risk-aversion
romantic fantasy
rudeness
rumor spreading
ruthlessness

S
sacrifice
sadism
sadness
sarcasm
scandal mongering
secrecy
seduction
self-centeredness
self-denial
self-destructive-
ness
self-doubt
self-hatred
self-importance
selfishness
self-pity
self-righteousness
sensationalism
separateness
separation

sexual lust
shame
shamelessness
shyness
sin
skepticism
sloth
snobbery
somberness
sorrow
spendthriftness
spite
spoiling
stagnation
stinginess
stress
stubbornness
stupidity
suffering
sullenness
superficiality
superiority
suspicion

T
taboos
temper tantrums
terror
theft
thing-ification
timidity
torment
torture

tragedy
treason
trickster
tyranny

U
ugliness
unkindness
unreason
unruliness
unyielding

V
vanity
venality
verbosity
verminification
vices
vindictiveness
violence
vulnerability

W
wastrelness
weakness
withdrawal
worry
wrath

Z
zealotry

The Master List of Values

(These are not necessarily virtues, but the concept of *values* is closely linked to *virtues*. This list is Copyright © by Values Technology, Inc. VTI's ValuesID software helps make values explicit. Using the well-researched and independently validated values measurement instrument based on Hall-Tonna Values Theory, organizations can understand the collective values of employees, leadership and the organization. The unique values framework that Brian Hall developed (starting in the early 1970s) anchors the company. This framework was validated in the mid 1980s while Dr. Brian Hall was at Santa Clara University. It has been Brian Hall's vision to bring meaning to people and institutions globally. www.valuestech.com)

Abundance	Limitation/Celebration
Administration/Control	Loyalty/Fidelity
Authority/Honesty	Macroeconomics
Collaboration	Majesty
Communication/Info	Management
Community/Personalist	Membership/Institution
Community/Supportive	Minessence
Competition	Mission/Objectives
Complementarity	Mutual Accountability
Control/Order/Discipline	Mutual Obedience
Convivial Technology	Obedience/Duty
Corporation/New Order	Ownership
Courtesy/Hospitality	Patriotism/Esteem
Decision/Initiation	Pioneerism/Innovation
Design/Pattern/Order	Prestige/Image
Detachment/Solitude	Property/Control
Dexterity/Co-ordination	Prophet/Vision
Duty/Obligation	Quality/Evaluation
Economics/Profit	Radiance
Economics/Success	Reason
Education/Certification	Relaxation
Education/Knowledge	Research
Efficiency/Planning	Rights/Respect
Endurance/Patience	Risk
Equilibrium	Ritual/Communication
Equity/Rights	Rule/Accountability
Expressiveness/Joy	Search/Meaning/Hope
Friendship/Belonging	Self Assertion
Generosity/Compassion	Sensory Pleasure
Global Justice	Sharing/Listening/Trust
Grace	Simplicity/Play
Growth/Expansion	Social Affirmation
Health/Healing	Support/Peer
Hierarchy/Order	Synergy
Human Rights	Technology/Science
Individualism	Territory/Security
Interdependence	Tradition
Justice/Social Order	Transcendence/Solitude
Law/Guide	Unity/Diversity
Law/Rule	Unity/Uniformity
Leisure	Wonder/Curiosity
Limitation/Acceptance	Workmanship/Art/Craft

The VIA Classification of Character Strengths

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<http://www.viacharacter.org/Classification/Classification/tabid/238/Default.aspx>

1. **Wisdom and Knowledge** – Cognitive strengths that entail the acquisition and use of knowledge
 - **Creativity** [originality, ingenuity]: Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it
 - **Curiosity** [interest, novelty-seeking, openness to experience]: Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering
 - **Judgment & Open-Mindedness** [critical thinking]: Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly
 - **Love of Learning**: Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; obviously related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows
 - **Perspective** [wisdom]: Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people
 -
2. **Courage** – Emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external or internal
 - **Bravery** [valor]: Not shrinking from threat, challenge, difficulty, or pain; speaking up for what is right even if there is opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it
 - **Perseverance** [persistence, industriousness]: Finishing what one starts; persisting in a course of action in spite of obstacles; “getting it out the door”; taking pleasure in completing tasks
 - **Honesty** [authenticity, integrity]: Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions
 - **Zest** [vitality, enthusiasm, vigor, energy]: Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated
 -
3. **Humanity** - Interpersonal strengths that involve tending and befriending others
 - **Capacity to Love and Be Loved**: Valuing close relations with others, in particular those in which sharing and caring are reciprocated; being close to people

- **Kindness** [generosity, nurturance, care, compassion, altruistic love, "niceness"]: Doing favors and good deeds for others; helping them; taking care of them
- **Social Intelligence** [emotional intelligence, personal intelligence]: Being aware of the motives and feelings of other people and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick
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- 4. **Justice** - Civic strengths that underlie healthy community life
 - **Teamwork** [citizenship, social responsibility, loyalty]: Working well as a member of a group or team; being loyal to the group; doing one's share
 - **Fairness:** Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others; giving everyone a fair chance.
 - **Leadership:** Encouraging a group of which one is a member to get things done and at the time maintain time good relations within the group; organizing group activities and seeing that they happen.
 -
- 5. **Temperance** – Strengths that protect against excess
 - **Forgiveness & Mercy:** Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful
 - **Modesty & Humility:** Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is
 - **Prudence:** Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted
 - **Self-Regulation** [self-control]: Regulating what one feels and does; being disciplined; controlling one's appetites and emotions
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- 6. **Transcendence** - Strengths that forge connections to the larger universe and provide meaning
 - **Appreciation of Beauty and Excellence** [awe, wonder, elevation]: Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience
 - **Gratitude:** Being aware of and thankful for the good things that happen; taking time to express thanks
 - **Hope** [optimism, future-mindedness, future orientation]: Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about
 - **Humor** [playfulness]: Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes
 - **Religiousness & Spirituality** [faith, purpose]: Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort

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Sources and Resources

Wikipedia, the free encyclopedia: www.Wikipedia.com; see Virtue and Vice

Wisdom Commons: www.wisdomcommons.org

Mapping Thinking: www.mappingthinking.com

Hall-Tonna Values Map: www.valuestech.com, www.ksg.com.

Humanity Quest Values: www.humanityquest.com

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<http://www.opednews.com/articles/Robert-Moore-s-Theory-Abou-by-Thomas-Farrell-110718-802.html>

**“He who looks upon opposites as equals, who has
risen above duality, and thus freed himself
from both vice and virtue, is a Yogi.
Verily, work done to perfection is Yoga.
Yoga is skill in action.”**

~ Bhagavad-Gita (Ch. 2, V. 50)