

# **Virtues & Vices<sup>TM</sup>**

**Call out virtues not names<sup>TM</sup>**

\*please find more information on Aristotle at the following website  
<http://www.philosophypages.com/hy/2s.htm>

# April 17, 2006 TIME

## Special Report: Dropout Nation

“...an increasing number of researchers are saying that nearly 1 out of 3 public high school students won’t graduate...For Latinos and African Americans, the rate approaches an alarming 50%. Virtually no community, small or large, rural or urban, has escaped the problem.” p 32

“...perhaps the most surprising finding of the Gates (Gates Foundation) survey: just how few dropouts report being overwhelmed academically. Fully 88% said they had passing grades in high school. Asked to name the reasons they had left school, more respondents named boredom than struggles with course work.” p 34

## The Virtues Project Educator’s Guide

Linda Kavelin Popov

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“The Loss of Meaning:

A study out of the Harvard Center for Moral Education asked the question ‘Why did you do it?’ of youth jailed for committing random acts of violence. Ninety percent of these youth said ‘Because I was bored.’ Boredom is a spiritual disease—the disease of meaninglessness.

If loss of meaning is the disease, the cure must incorporate a way for young people to connect with meaning and purpose. There is a longing deep within adolescents to make a difference, to have impact. It comes from the developmental urge to fulfill their innate virtues of idealism, purposefulness, and creativity. It is the call of early adulthood saying ‘Make your mark.’ When that fierce idealism is not given a positive focus through opportunities for young people to explore and experience what is meaningful in their lives, it seeks another channel.”

**“Too many of our children are technical wizards and moral incompetents.” p xviii**

# Virtues & Vices™

Call out virtues not names™

The difference between genius and stupidity is that genius has limits.

Albert Einstein

Intelligence plus character – that is the goal of true education.

Martin Luther King, Jr.

**The less a person *understands* his own feelings (virtues, vices and triggers) the more he will fall prey to them. The less a person understands the feelings, the responses, and the behavior *of others*, the more likely he will interact inappropriately with them and therefore fail to *secure his proper place within the larger community*.**

Frames of Mind: The Theory of Multiple Intelligences by Howard Gardner, p. 254.

# Virtues & Vices™

## **Definitions:**

Virtues: are positive traits.  
promote health, harmony and balance.

Vices: are negative traits.  
detract from health, harmony and balance.

## **Slogan:**

Call out virtues not names.

1. acknowledge the specific issue by stating a virtue rather than calling out a derogatory name.
2. set a goal to exhibit and incorporate the virtue
3. create hope for positive change by making a virtue the destination and not a derogatory word or phrase.

## **The Goal:**

Balance not perfection.

## **The Vision:**

Win/Win relationships to bring us together in unity.  
Understanding and speaking virtues reduces friction in communication.  
To come to resolution with little to no conflict.

## **The Mode:**

Lift each other up rather than tear each other down

## **The Steps to Balance:**

1. Awareness: Be mindful of your virtues and vices in order to better manage your emotions, triggers, thoughts, beliefs and will power.
2. Understand the aspects of virtues and vices.
3. Goal setting
4. Accountability
5. Celebrate successes/reset goals if previous attempt was unsuccessful.

# VIRTUES

Virtues are the building blocks which make up our character, our principles, and our ethics. By recognizing and being able to name virtues, one can better understand ourselves and how to best interact with others in our community. Educating ourselves and practicing virtues gives us a better disposition to act and behave honorably and respectfully. Virtues curb unbridled emotions so that we behave civilly.

Virtues not only help establish balance in our lives, but they help us to curb urges which may cause us to act or harm others. Virtues can protect us from letting our passions (emotions) rule our behaviors. For example; Self-control can help stop us from saying something or doing something which is inappropriate.

Virtues are the elements of a balanced healthy state which make up our emotions, behavior, or disposition. On an arbitrary scale of one to ten you can visualize a healthy virtue as being stable and balanced between a 4 to a 7. Habits either strengthen or weaken our virtues. Our virtues can either flourish or wither depending on our self awareness and attention to maintaining a wholesome balance.

# VICES

A vice is an unbalanced virtue which needs to be brought back to center. It can either be an act of self-indulgence or lack of effort all together. On an arbitrary scale of 1 to 10, vices can range from a 1 to 3 or 8 to 10 depending on the severity of the imbalance and the exaggerated effort or lack of effort placed behind the virtue.

For example, honesty can be taken to an extreme 10 whereby one says everything from one's mind without any consideration or use of tact. On the other hand, no effort or an aversion to honesty can lead to a 1 where by the individual is not telling the truth. Vices and virtues need to be recognized in order to aid one in setting a goal and working toward a healthier balance.

Vices are caused by impulses (emotions) which are not regulated by virtues and many times not even recognized by an individual. This then can cause extremes and/or deficiencies thus creating a vice or even an addiction. Therefore, it is important to politely suggest positive virtues which would help someone get back on track.

## Virtues & Vices™

Cultivating virtues and monitoring vices is what ensures our awareness of our character and how we manage ourselves and how we interact with others. The sum total of our virtues and vices is what makes up our character. Remember that we are all human and are not perfect, so recognize that we will always be working to establish balance in our lives. Strive for BALANCE not perfection. The first step to success is to be able to recognize and compliment virtues in others and in ourselves and to be aware of vices in ourselves and in others to aid each other in our journey to a balanced successful life.

\*strive for balance (mean) and minimize the extremes (excess and deficiency)

# Aristotle's Theory of Virtues- Nicomachean Ethics

A visual shows the spectrum of virtues and vices which can be exhibited depending on the mean, excess or deficit. All virtues can be displayed in such a chart even if there is no word to describe the state or action of their corresponding vice. If there is no word available or one cannot think of the word then just state that there is a deficit or excess in a virtue. Or give a number corresponding to the range which one feels is appropriate to pinpoint the virtue or vice.

	VICE.....	VIRTUE.....	VICE
label	deficit	mean	excess
description	too little	balanced	too much
range	1....2....3....	4...5....6....7....	8....9....10
	<b>Cowardice</b>	<b>Courage</b>	<b>Recklessness</b>
	<b>Stinginess</b>	<b>Generosity</b>	<b>Extravagant</b>
	<b>Mistrust</b>	<b>Trust</b>	<b>Gullibility</b>
	<b>Arrogance</b>	<b>Humble</b>	<b>Inferiority</b>
	<b>Impatience</b>	<b>Patience</b>	<b>Too patient</b>
	<b>Disloyalty</b>	<b>Loyalty</b>	<b>Blind allegiance</b>
	<b>Shamelessness</b>	<b>Modesty</b>	<b>Bashfulness</b>
	<b>Deceitful</b>	<b>Honesty</b>	<b>Tactless</b>
	<b>Shy</b>	<b>Assertive</b>	<b>Aggressive</b>
	<b>Inattentive</b>	<b>Attentive</b>	<b>Consumed</b>
	<b>Enmeshed</b>	<b>Detachment</b>	<b>Indifferent</b>
	<b>Flat</b>	<b>Enthusiastic</b>	<b>Hyper</b>
	<b>Substandard</b>	<b>Excellence</b>	<b>Perfectionism</b>

# Virtues

Below is a list of virtues which you can add to if you don't find all the virtues needed to help both you and your partner. Read through the virtues list to determine if there are any unbalanced virtues (which are vices) and determine the number of the imbalance. Select the unbalanced virtues to work on which are the highest priority. Make sure that in selecting an unbalanced virtue or vice that you can support your reason for the selection.

<i>accountable</i>	<i>faithful (fidelity)</i>	<i>obedient</i>
<i>affectionate</i>	<i>flexible</i>	<i>objective</i>
<i>altruistic</i>	<i>focused</i>	<i>organized (orderliness)</i>
<i>assertive</i>	<i>forgiving</i>	
<i>attentive</i>	<i>friendly</i>	<i>patient</i>
		<i>peaceful</i>
<i>balanced (moderation)</i>	<i>generous (giving)</i>	<i>perceptive</i>
<i>benevolent (charitable)</i>	<i>gentle</i>	<i>perseverance (fortitude)</i>
<i>boundaries</i>	<i>goal-oriented</i>	<i>polite (mannerly)</i>
	<i>gracious</i>	<i>practical</i>
<i>calmness (composed)</i>	<i>grateful (thankful, appreciative)</i>	<i>productive</i>
<i>caring</i>		<i>purposeful</i>
<i>cleanliness</i>		
<i>committed (dedicated, devoted)</i>	<i>helpful</i>	<i>realistic</i>
<i>compassionate</i>	<i>honest (truthful)</i>	<i>reciprocity (sharing)</i>
<i>confident</i>	<i>hopeful</i>	<i>reliable (dependable)</i>
<i>conscientious (careful)</i>	<i>humane</i>	<i>respectful</i>
<i>considerate</i>	<i>humble</i>	<i>responsible</i>
<i>consistent</i>	<i>humorous</i>	
<i>consoling (comforting)</i>		<i>self discipline</i>
<i>cooperative</i>	<i>industrious</i>	<i>sensitivity</i>
<i>courage (bravery)</i>		<i>sincere (genuine)</i>
<i>courteous</i>	<i>joyful</i>	
<i>creative</i>	<i>justice</i>	<i>tactful</i>
<i>curiosity</i>		<i>thoughtful</i>
	<i>kindness</i>	<i>tolerant</i>
<i>detachment</i>		<i>trusting</i>
<i>determination</i>	<i>logical</i>	<i>trustworthy</i>
<i>diligent</i>	<i>loving</i>	
	<i>loyal</i>	<i>understanding</i>
<i>empathy</i>		<i>unselfish</i>
<i>encouraging</i>	<i>mature</i>	
<i>enthusiastic</i>	<i>modesty</i>	<i>wisdom</i>
<i>excellence</i>		
	<i>nurturing</i>	
<i>fair (just, impartial)</i>		

VICE.....VIRTUE.....VICE

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

*unaccountable*  
*unaffectionate*  
*selfish*  
*shy*  
*inattentive*

*accountable*  
*affectionate*  
*altruistic*  
*assertive*  
*attentive*

*controlling*  
*clingy*  
*martyrdom*  
*aggressive*  
*consumed*

*unbalanced*  
*selfish*  
*too open*

*balanced (moderation)*  
*benevolent (charitable)*  
*boundaries*

*too rigid*  
*extravagant*  
*too closed*

*agitated*  
*apathetic*  
*unclean*  
*uncommitted*  
*uncaring*  
*insecure*  
*reckless*  
*inconsiderate*  
*inconsistent*  
*un-consoling*  
*uncooperative*  
*cowardice*  
*unmannerly*  
*uncreative*  
*incurious*

*calmness (composed)*  
*caring*  
*cleanliness*  
*committed (dedicated, devoted)*  
*compassionate*  
*confident*  
*conscientious (careful)*  
*considerate*  
*consistent*  
*consoling (comforting)*  
*cooperative*  
*courage (bravery)*  
*courteous*  
*creative*  
*curiosity*

*too mellow*  
*overbearing*  
*compulsive*  
*too engaged*  
*smothering*  
*arrogant*  
*too cautious*  
*selfless*  
*predictable*  
*overbearing*  
*obsequious*  
*recklessness*  
*fawning*  
*consumed*  
*inquisitive*

*enmeshed*  
*wavering*  
*lazy*

*detachment*  
*determination*  
*diligent*

*indifferent*  
*stubbornness*  
*unrelenting*

*un-empathetic*  
*discouraging*  
*apathetic*  
*substandard*

*empathy*  
*encouraging*  
*enthusiastic*  
*excellence*

*entangled*  
*fawning*  
*hyper*  
*perfectionism*

*unfair*  
*unfaithful*  
*inflexible*  
*distracted*  
*unforgiving*  
*unfriendly*

*fair (just, impartial)*  
*faithful (fidelity)*  
*flexible*  
*focused*  
*forgiving*  
*friendly*

*too rigid*  
*blind allegiance*  
*too malleable*  
*too intense*  
*too forgiving*  
*fake*

*stinginess*  
*harsh*  
*goal-less*  
*graceless*  
*ungrateful*

*unhelpful*  
*deceitful*  
*hopeless*  
*inhumane*  
*arrogant*  
*humorless*

*lazy*

*joyless*  
*unjust*

*unkind*

*illogical*  
*indifferent*  
*disloyalty*

*immature*  
*shamelessness*

*uncaring*

*disobedient*  
*biased*  
*disorganized*

*rashness*  
*disruptive*  
*oblivious*  
*surrender*  
*rude*  
*impractical*  
*unproductive*  
*purposeless*

*impractical*  
*selfishness*  
*unreliable*  
*disrespectful*  
*irresponsible*

*generous (giving)*  
*gentle*  
*goal-oriented*  
*gracious*  
*grateful (thankful, appreciative)*

*helpful*  
*honest (truthful)*  
*hopeful*  
*humane*  
*humble*  
*humor*

*industrious*

*joyful*  
*justice*

*kind*

*logical*  
*loving*  
*loyal*

*mature*  
*modesty*

*nurturing*

*obedient*  
*objective*  
*organized (orderliness)*

*patient*  
*peaceful*  
*perceptive*  
*perseverance (fortitude)*  
*polite (mannerly)*  
*practical*  
*productive*  
*purposeful*

*realistic*  
*reciprocity (sharing)*  
*reliable (dependable)*  
*respectful*  
*responsible*

*extravagant*  
*too gentle*  
*too structured*  
*unctuous*  
*too grateful*

*bothersome*  
*tactless*  
*Pollyannish*  
*too lenient*  
*inferiority*  
*silly*

*too busy*

*too blissful*  
*judgmental*

*selfless*

*unemotional*  
*smothering*  
*blind allegiance*

*too mature*  
*bashfulness*

*overbearing*

*submissive*  
*biased*  
*compulsive*

*too patient*  
*too mellow*  
*invasive*  
*too stubborn*  
*fake*  
*inflexible*  
*over worked*  
*obsessively driven*

*narrow mindedness*  
*lavishness*  
-----  
*fawning*  
*too rigid*

*undisciplined*  
*callous*  
*insincere*

*self discipline*  
*sensitivity*  
*sincere (genuine)*

*too rigid*  
*hyper sensitive*  
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*tactless*  
*thoughtless*  
*intolerant*  
*mistrust*  
*untrustworthy*

*tactful*  
*thoughtful*  
*tolerant*  
*trusting*  
*trustworthy*

*politically correct*  
*too thoughtful*  
*too liberal*  
*gullibility*  
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*closed minded*  
*selfish*

*understanding*  
*unselfish*

*too understanding*  
*self sacrificing*

*foolish*

*wisdom*

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Definitions:

apathetic: lack of emotion, interest and/or concern.

enmesh: entangled

inquisitive: asking more questions than necessary or proper; prying.

obsequious: much too willing to serve or obey; overly submissive; fawning

rash: too hasty or incautious in acting or speaking.

unctuous: excessively or insincerely ingratiating

Webster's New World Dictionary and Franklin Dictionary & Thesaurus

## Vices plaguing our Nation

**Arrogance**: the choice, behavior or energy of superiority coupled with a lack of empathy and compassion to relate to another individual's level. Arrogance includes the activity of bragging.

**Bloodlust**: craving to cause and see physical harm, blood, and gore occur.

**Cowardice**: extreme lack of courage and spirit in the face of events which are fearful or overwhelming.

**Cruelty**: behaving in a manner devoid of love and compassion.

**Disloyalty**: violating an allegiance by behaving in a manner devoid of loyalty and fidelity.

**Envy**: the desire of other's traits, status, abilities, or situation.

**Gluttony**: an inordinate desire to consume more than that which one requires.

**Greed**: the excessive desire for material wealth, spiritual gifts, and anything else which can be accumulated beyond what one needs.

**Injustice**: the practice of being unjust or unfair.

**Jealousy**: behaving in a resentful manner over someone's achievement, possessions, relations, etc. Vigilance in maintaining or guarding something or someone.

**Lust**: an inordinate craving for the pleasures of the body.

**Power**: the desire to control people, places, and/or things for selfish satisfaction and/or personal gain without regard for another's well-being.

**Pride**: excessive belief in one's own abilities and importance.

**Rage**: when a person chooses fury over love and understanding, resulting in violence and/or destruction.

**Recklessness**: behaving in a manner many times related to extremes without any regard for the consequences nor any interest of the affects on others.

**Sloth**: the avoidance or retardation of physical, spiritual, mental and/or character development.

**Untrustworthiness**: the behavior of being untrusting, deceitful, manipulative which leads to a deterioration of trust and confidence.

**Vanity**: an obsession with one's own appearance or status.

<http://deadlysins.com/sins/index.htm> and The Random House College Dictionary

# Who am I? How do I fit in?

“When I discover who I am, I’ll be free”

~Ralph Ellison

## Exercise 1

Review the list of virtues and select the virtues and vices that reflect your core essence. Score the virtue and/or vice based on the scale. Remember that we are balanced and not perfect so your list should reflect what virtues and/or vices you value about yourself. Determine if your list contributes to health, harmony and balance or detracts from overall balance. If a core essence changes, it is important to find out why.

1. caring (7)
2. dedicated (7)
3. friendly (5)
4. grateful (7)
5. honest (6)
6. organized (7-9)
7. loyal (7)
8. too intense (10) virtue is focused
9. too mature (9) virtue is mature
10. thoughtful (7)

## Exercise 2

Determine the vices that need to be pulled center to return to a virtue. Make sure that a manageable number of vices are selected to work on. Not too many and not too few.

1. physical sloth (2): call on the virtue of self discipline to walk four times a week for an hour
2. impatience (2): call on the virtue of patience, calmness, and peacefulness to slow down in getting things accomplished and talking to people.
3. cowardice (3): call on the virtue of courage and perseverance to promote Virtues & Vices.
4. too intense (10): call on the virtue of calmness and patience in order to relax.

# What qualities do I want my friends to have?

## Birds of a feather, flock together

~anonymous

### Exercise 3

Look for friends with qualities that help lift you up not bring you down. Create a wish list of the virtues and/or vices that you would like to find in a friend.

1. loyalty (7)
2. kindness (7)
3. humorous (8)
4. honest (9)
5. encouraging (7)
6. objective (7)
7. genuine (7)
8. trustworthy (7)
9. grateful (7)
10. thoughtful (7)

### Exercise 4

How my friends' qualities can help me?

list name of friend	virtues	vices
Jerry	logical (6) loving (7) hopeful (7) creative (7)	physical sloth (2) we walk together
Julianne	honest (7) kindness (7) genuine (7) thoughtful (5)	physical sloth (2) we play tennis
Steve	loyal (7) hopeful (6) encouraging (7)	honesty (9) provides raw truth

Exercise 5

How can I help my friends?

Jerry	loving (7) empathy (7) trusting(7) affectionate (7)
Julianne	friendly (7) helpful (5) patient (6)
Steve	purposeful (6) industrious (7) cooperative (6)

# Helpful Uplifting Questions to ask Students

Goals in helping students:

1. Discover their truth (core essence)
2. Understand their truth
3. Hold onto and remember their truth

What Virtue are you working on?

How well are you doing?

Could I be of help?

What Virtue do you need most in your life right now?

Are your friends helping or hurting your balance?

What virtues/vices do you find challenging?

What do you need to help balance your vice?

Do you believe you can change your life?

Are you mindful of your character?

It would be wise to call on your virtue of \_\_\_\_\_ in this situation.

**CAUTION:** Be prepared to be questioned by students as to what virtues you are working on. Have in mind an individual virtue or an agreed upon united virtue such as tolerance or patience to respond to the students.