

Character Strengths and Virtues

					
wisdom	courage	humanity	transcendence	justice	moderation
<i>//creativity</i> <i>//curiosity</i> <i>//judgement</i> <i>//love of learning</i> <i>//perspective</i>	<i>//bravery</i> <i>//persistence</i> <i>//honesty</i> <i>//zest</i>	<i>//love</i> <i>//kindness</i> <i>//social intelligence</i>	<i>//appreciation of beauty</i> <i>//gratitude</i> <i>//hope</i> <i>//humour</i> <i>//spirituality</i>	<i>//teamwork</i> <i>//fairness</i> <i>//leadership</i>	<i>//forgiveness</i> <i>//modesty</i> <i>//prudence</i> <i>//self-control</i>

From Peterson & Seligman (2004) - Character Strengths and Virtues

Source: <https://positivepsychology.com/classification-character-strengths-virtues/>

List of Plum Village 51 Mental Formations

5 Universals	11 Wholesome	TNH's wholesome	6 primary unwholesome	20 secondary unwhole..
Contact	Faith	Non-fear	Craving, covetousness	Anger
Attention	Inner shame	Absence of anxiety	Hatred	Resentment, enmity
Feeling	Shame before others	Stability, solidity	Ignorance, confusion	Concealment
Perception	Absence of craving	Loving kindness	Arrogance	Maliciousness
Volition	Absence of hatred	Compassion	Doubt, suspicion	Jealousy
	Absence of ignorance	Joy	Wrong view	Selfishness, parsimony
5 Particulars	Diligence, energy	Humility		Deceitfulness, fraud
Intention	Tranquility, ease	Happiness		Guile
Determination	Vigilance, energy	Feverlessness		Desire to harm
Mindfulness	Equanimity	Freedom / sovereignty		Pride
Concentration	Non-harming			Lack of inner shame
Insight		TNH's unwholesome		Lack of shame before oth.
		Fear		Restlessness
4 Indeterminate		Anxiety		Drowsiness
Regret, repentance		Despair		Lack of faith
Sleepiness				Laziness
Initial thought				Negligence
Sustained thought				Forgetfulness
				Distraction
				Lack of discernment

Source: <https://plumvillage.org/transcriptions/51-mental-formation/>

List of ACT values

Acceptance:	to be open to and accepting of myself, others, and life.
Adventure:	to be adventurous; to actively seek, create, or explore novel or stimulating experiences.
Assertiveness:	to respectfully stand up for my rights and request what I want.
Authenticity:	to be authentic, genuine, real; to be true to myself.
Beauty:	to appreciate, create, nurture, or cultivate beauty in myself, others, and the environment.
Caring:	to be caring towards myself, others, and the environment.
Challenge:	to keep challenging myself to grow, learn, and improve.
Compassion:	to act with kindness towards those who are suffering.
Connection:	to engage fully in whatever I am doing and be fully present with others.
Contribution:	to contribute, help, assist, or make a positive difference to myself or others.
Conformity:	to be respectful and obedient of rules and obligations.
Cooperation:	to be cooperative and collaborative with others.
Courage:	to be courageous or brave; to persist in the face of fear, threat, or difficulty.
Creativity:	to be creative or innovative.
Curiosity:	to be curious, open-minded, and interested; to explore and discover.
Encouragement:	to encourage and reward behavior that I value in myself or others.
Equality:	to treat others as equal to myself.
Excitement:	to seek, create, and engage in activities that are exciting, stimulating, or thrilling.
Fairness:	to be fair to myself or others.
Fitness:	to maintain or improve my fitness; to look after my physical and mental health and well-being.
Flexibility:	to adjust and adapt readily to changing circumstances.
Freedom:	to live freely; to choose how I live and behave, or help others do likewise.
Friendliness:	to be friendly, companionable, or agreeable towards others.
Forgiveness:	to be forgiving towards myself or others.
Fun:	to be fun-loving; to seek, create, and engage in fun-filled activities.
Generosity:	to be generous, sharing, and giving to myself or others.
Gratitude:	to be grateful for and appreciative of the positive aspects of myself, others, and life.
Honesty:	to be honest, truthful, and sincere with myself and others.
Humor:	to see and appreciate the humorous side of life.

Humility:	to be humble or modest; to let my achievements speak for themselves.
Industry:	to be industrious, hard-working, and dedicated.
Independence:	to be self-supportive and choose my own way of doing things.
Intimacy:	to open up, reveal, and share myself- emotionally or physically in my close personal relationships.
Justice:	to uphold justice and fairness.
Kindness:	to be kind, compassionate, considerate, nurturing, or caring towards myself or others.
Love:	to act lovingly or affectionately towards myself or others.
Mindfulness:	to be conscious of, open to, and curious about my here-and-now experience.
Order:	to be orderly and organized.
Open-mindedness:	to think things through, see things from others' points of view and weigh evidence fairly.
Patience:	to wait calmly for what I want.
Persistence:	to continue resolutely, despite problems or difficulties.
Pleasure:	to create and give pleasure to myself or others.
Power:	to strongly influence or wield authority over others, e.g. taking charge, leading, and organizing.
Reciprocity:	to build relationships in which there is a fair balance of giving and taking.
Respect:	to be respectful towards myself or others; to be polite, considerate and show positive regard.
Responsibility:	to be responsible and accountable for my actions.
Romance:	to be romantic; to display and express love or strong affection.
Safety:	to secure, protect, or ensure safety of myself or others.
Self-awareness:	to be aware of my own thoughts, feelings, and actions.
Self-care:	to look after my health and well-being and get my needs met.
Self-development:	to keep growing, advancing, or improving in knowledge, skills, character or life experience.
Self-control:	to act in accordance with my own ideals.
Sensuality:	to create, explore, and enjoy experiences that stimulate the five senses.
Sexuality:	to explore or express my sexuality.
Spirituality:	to connect with things bigger than myself.
Skillfulness:	to continually practice and improve my skills and apply myself fully when using them.
Supportiveness:	to be supportive, helpful, encouraging, and available to myself or others
Trust:	to be trustworthy; to be loyal, faithful, sincere, and reliable.

Source: <https://loving.health/en/act-list-of-values/>