

# Seven Deadly Sins

OR, HOW TO MAKE LIFE DIFFICULT FOR ONESELF

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If you want to make your life more difficult, try practicing these seven deadly sins. They are guaranteed to ruin relationships and make you the least favorite person in your community.

<b>GREED</b>	Rapacious pursuit of material possessions. Includes hoarding and stealing.
<b>LUST</b>	Uncontrolled desire for sex, but also may apply to money, fame, or power.
<b>SLOTH</b>	Physical laziness; unwillingness to use one's abilities. Also may be applied to one's refusal to pursue spiritual growth.
<b>PRIDE</b>	Being arrogant. Believing you are better than others. Irrational and corrupt sense of one's personal value.
<b>ENVY</b>	Insatiable desire for someone else's status, abilities, or rewards. Includes jealousy.
<b>WRATH</b>	Uncontrolled anger, often persisting over long lengths of time.
<b>GLUTTONY</b>	Selfish consumption. Placing one's own interests above the needs of others. Wastefulness.

Anger  
The Seven Deadly Sins  
Greed  
Lust  
Env  
Sloth  
Pride

# Seven Virtues

## OR, HOW TO BUILD A SPIRITUALLY HEALTHY LIFESTYLE

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<b>CHARITY (LOVE)</b>	Generosity. Showing love for others. Not an emotion, but an action.	"Please allow me to give this to you." "Please allow me to help you."
<b>CHASTITY (PURITY)</b>	Purity in sexual conduct. Physical cleanliness. Honesty with oneself and in one's relationships.	"I will have sex only with my spouse." "I will keep my body clean." "I will be honest."
<b>DILIGENCE (HARD WORK)</b>	Integrity. Upholding one's convictions. Monitoring oneself when no one is looking.	"I will do what is right, and I will do what is right regardless of whether or not anyone is watching me."
<b>HUMILITY</b>	Respecting others. Kindness toward others even when they disagree with me. Graciously accepting personal sacrifice for a higher good. Readiness to learn, and reverence toward those who are wise. Giving others credit.	"I may not agree with you, but I will show you respect." "I will accept the task that no one else wants, and I will do it with an agreeable attitude." "I will recognize those who deserve recognition, and I will show appreciation to those from whom I learn."
<b>KINDNESS</b>	Showing compassion and empathy without prejudice or resentment.	"Even though you may have more money or power than me, and even though you may be mean-spirited, I will act kindly when you experience hurt or loss."
<b>PATIENCE</b>	Enduring the unbearable with dignity. Resolving conflicts peacefully. Accepting grace and showing mercy. Valuing community.	"I know you're not perfect, but I choose to forgive you. Perhaps, someday, we will engage with each other again." "I want my community to support each other."
<b>TEMPERANCE (SELF- CONTROL)</b>	Practicing self-discipline. Deferring gratification. Wisely applying actions to each situation, balancing my rights with your rights and the public good.	"Although I may want something right now, I can wait." "I may not be able to give you exactly what you want, but I'll consider your position and be as fair as I'm able to be."

