

Characteristics that Distinguish Strengths from Weaknesses

By now you should definitely realize that there is a psychological component of a civilized education. When becoming more educated about the human characteristics that are healthy and lead to your successes, and ones that are unhealthy and lead to your failures, you have a better chance of shaping your own thoughts and behaviors more sensibly. As with other supplements to EI's lessons, this list of over 200 strengths and weaknesses was created to assist in the improvement of such understanding.

We suggest that you go through the lists and check boxes of strengths/weaknesses that you are aware need your attention, and work seriously to better your understanding. Also, take time to study and then periodically review this supplement, as well as others for developing a more psychologically educated mind.

Strengths

- ☐ Active
- ☐ Adaptive
- ☐ Adventurous
- ☐ Appreciation
- ☐ Astute
- ☐ Athletic
- ☐ Autonomous
- ☐ Capable
- ☐ Cautious
- ☐ Charismatic
- ☐ Cleanly
- ☐ Committed
- ☐ Competent
- ☐ Compromising
- ☐ Confident
- ☐ Cooperative
- ☐ Congenial
- ☐ Conscientious
- ☐ Courageous
- ☐ Creative
- ☐ Curious
- ☐ Dedicated
- ☐ Devoted meaningfully
- ☐ Diligent
- ☐ Disciplined
- ☐ Empathetic
- ☐ Energetic
- ☐ Exciting
- ☐ Expressive
- ☐ Faithful
- ☐ Frugal
- ☐ Fun
- ☐ Generous
- ☐ Goal-oriented
- ☐ Grounded
- ☐ Growth-oriented
- ☐ Healthy
- ☐ Heroic
- ☐ Honest
- ☐ Idealistic
- ☐ Independent
- ☐ Inspirational
- ☐ Intelligent
- ☐ Intuitive
- ☐ Influential helpfully
- ☐ Insightful
- ☐ Interesting
- ☐ Jovial
- ☐ Kindly
- ☐ Listen well
- ☐ Motivated
- ☐ Organized
- ☐ Perceptive
- ☐ Personal
- ☐ Positive
- ☐ Practical
- ☐ Pride-worthy
- ☐ Productive
- ☐ Professional
- ☐ Purposeful
- ☐ Quality conscious
- ☐ Reasonable
- ☐ Reliable
- ☐ Resilient
- ☐ Resourceful
- ☐ Respectful
- ☐ Responsible
- ☐ Sacrificing
- ☐ Self-aware
- ☐ Self-control
- ☐ Self-honesty
- ☐ Self-sustaining
- ☐ Sensible
- ☐ Serious when important
- ☐ Service-oriented
- ☐ Socially adept
- ☐ Stable
- ☐ Steady
- ☐ Structured
- ☐ Sympathetic
- ☐ Talented
- ☐ Tasteful
- ☐ Technically savvy
- ☐ Timely
- ☐ Thorough
- ☐ Trustworthy
- ☐ Vigilant
- ☐ Virtuous
- ☐ Visionary
- ☐ Wise

Weaknesses

- ☐ Abusive
- ☐ Ambivalent
- ☐ Argumentative
- ☐ Careless
- ☐ Carefree
- ☐ Chaotic
- ☐ Childish
- ☐ Close-minded
- ☐ Cold-hearted
- ☐ Complacent
- ☐ Complain chronically
- ☐ Conceited
- ☐ Condescending
- ☐ Controlling
- ☐ Deceptive
- ☐ Destructive
- ☐ Devious
- ☐ Dictatorial
- ☐ Dishonest
- ☐ Disobedient
- ☐ Distracted easily
- ☐ Dominating
- ☐ Explosive
- ☐ Fearful
- ☐ Gullible
- ☐ Hardened
- ☐ Hasty
- ☐ Hateful
- ☐ Hurtful
- ☐ Hyper-sensitive
- ☐ Idolizing
- ☐ Immature
- ☐ Impatient
- ☐ Impractical
- ☐ Impulsive
- ☐ Inconsiderate
- ☐ Indecisive
- ☐ Indulgent
- ☐ Inflexible
- ☐ Insecure
- ☐ Insensitive
- ☐ Intolerant
- ☐ Irresponsible
- ☐ Jealous
- ☐ Judgmental
- ☐ Lackadaisical
- ☐ Lethargic
- ☐ Listen poorly
- ☐ Maladjusted
- ☐ Manipulative
- ☐ Narrow-minded
- ☐ Negative
- ☐ Opinion uneducated
- ☐ Over-confident
- ☐ Over-excitability
- ☐ Over-involved
- ☐ Over-sensitive
- ☐ Over-stressed
- ☐ Passive
- ☐ Pleasure-oriented
- ☐ Procrastinating
- ☐ Retaliatory
- ☐ Rigid
- ☐ Secretive
- ☐ Self-absorbed
- ☐ Self-defeating
- ☐ Self-destructive
- ☐ Sensationalistic
- ☐ Sloppy
- ☐ Socially inept
- ☐ Stubborn
- ☐ Stuck
- ☐ Temperamental
- ☐ Troubled
- ☐ Unapologetic
- ☐ Uncalculated
- ☐ Uncommunicative
- ☐ Uncompromising
- ☐ Unconscientious
- ☐ Uncooperative
- ☐ Undisciplined
- ☐ Uneducated opinion
- ☐ Unfair
- ☐ Unforgiving
- ☐ Ungrateful
- ☐ Unhealthy
- ☐ Unheeding
- ☐ Unrealistic
- ☐ Unstable
- ☐ Unsure
- ☐ Vain
- ☐ Workaholic