

Color Wheel of Weaknesses

A New Twist on Character Defects

YELLOW: FEAR ➡ CAUTION

Fear, Anxiety – belief that something/someone is dangerous, excessive worry or unease about uncertain outcomes, apprehension, dreading something

➡ caution, considering potential outcomes and thoughtfully preparing for possible challenges, prudence

Timidity, Insecurity, Cowardice – lack of courage or bravery, feeling threatened, inadequate, or unsafe, not confident, avoiding conflict

➡ gentleness, mildness, humility, being a peacemaker, gets along with others

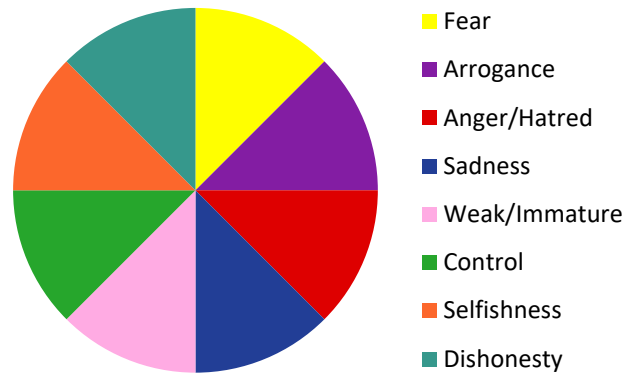
Indecisive, Uncertain, Non-committal – difficulty making decisions, irresolute, unsettled, hesitant, tentative

➡ open-minded, seeing all sides, cautious, analytical, disciplined, putting own thoughts in check, thinking things through and gathering more information before making a decision, methodical

Skeptical, Suspicious – having doubts or reservations, not convinced, lack of trust

➡ curiosity, seeking truth or evidence, wants their trust to be verified, not easily fooled/taken advantage of

Character Defect Families



PURPLE: ARROGANCE ➡ SELF-ESTEEM

Arrogance, Pride, Egotism – Offensive display of superiority or self-importance, conceited, lack of humility, feeling better than and worse than others

➡ self-esteem, confidence which inspires others' trust, secure in one's knowledge, experience, and expertise, courage to act according to what one believes to be correct

Closed Mindedness, Opinionated, Stubborn – Contempt prior to investigation, failing to remain teachable, being unreceptive to or disregarding new ideas or arguments, unwilling to try things or follow suggestions

➡ ability to focus or concentrate on a solution-based approach, maintain a purpose in mind, determined, calling it as I see it (stating observations), persistent, loyal or faithful

Gossiping – Speaking or writing about others in a negative manner, especially to get them in trouble or to feel superior to them and bond with someone else against the target of the gossip

➡ interest in and awareness of the challenges of others, ability to communicate and bond

Prejudice, Bigotry – Pre-judging people based on a group they belong to, negative feelings about someone based on their religion, race, nationality, age, disability, sexual orientation, accent, politics, economic status, physical characteristics like height, weight, hair style, clothing style, or physical fitness

➡ good at noticing details and drawing conclusions; may be helpful in determining trustworthiness of others

Being Aloof, Indifference – Antisocial, withdrawn, detached (usually from distaste)

➡ self-protection, objectivity, remaining uninvolved in other peoples' drama, detaching with love

Knowing it All, Preachy – self-righteous, giving (often unsolicited) advice

➡ being knowledgeable, well-informed, educated, having wisdom and confidence

Boasting, Competitiveness – talk with excessive pride and self-satisfaction about one's achievements, possessions, or abilities, having a strong desire to win or be the best at something

➡ being satisfied and pleased with one's own efforts, having the persistence and confidence and drive to keep trying

Lack of Compassion or Empathy – not having sympathy or concern for the sufferings or misfortunes of others

➡ staying out of other people's business, serenity, trust in God, professional detachment or non-codependence (detaching with love)

Not Asking for Help – would rather suffer and struggle alone than to reach out to others

➡ self-sufficient when appropriate

Ingratitude, Entitlement – belief that one is inherently deserving of privileges or special treatment

➡ sense of one's identity, self-worth, and potential, having self-respect, dignity

RED: ANGER, HATRED ➡ PASSION

Anger, Resentment – strong feeling of annoyance, displeasure, or hostility; often masks other emotions, harboring bitterness or indignation at having been treated unfairly

➡ passion, motivation for change, awareness of injustice, could prevent one from getting hurt again, can provide motivation for standing up for oneself or setting appropriate boundaries

Antagonistic – showing opposition or hostility towards something/someone, quarrelsome, contrary, contentious

➡ able to understand and express a divergent or opposite viewpoint

Vengeful – seeking to harm someone in return for a perceived injury, retaliation, negative Step 9

➡ seeking justice, trying to right a wrong

Hatred – intense dislike or ill will

➡ hatred of injustice can provide motivation for taking steps to change what is wrong in society (social action)

Sadistic – abusing others for enjoyment

➡ passionate, creative, not being afraid to do what is necessary when it's the right thing to do, for example enforcing a consequence or punishment, pleasure comes from envisioning a desired outcome such as lessons learned and behaviors changed

Self-Hatred – intense dislike of oneself

➡ observing need for self-improvement

BLUE: SADNESS ➡ TENDERNESS

Depression, Sadness (not clinical) – feelings of despondency and dejection, unhappiness

➡ empathy, grief (which is healing when it moves through the 5 stages), ability to hold onto a memory, sentimental

Pessimism, Negative Thinking – seeing the worst aspect of things, believing the worst will happen, criticism about something or about oneself

➡ attention to detail, recognizing when improvements need to be made

Self-Pity – excessive, self-absorbed unhappiness over one's own trouble

➡ validation of my own grief or pain, compassion for self, sense of dignity or fairness

Apathy – lack of interest, enthusiasm, or concern

➡ surrendering control and trusting God

Self-negligence or Poor Self-care – failure to take proper physical care of oneself in areas such as feeding, cleaning, and grooming

➡ freedom from judging oneself by appearance, occasional healthy sacrifice when appropriate (example - mother with newborn, helping in an emergency situation)

Shame – painful feeling of humiliation or distress caused by the belief that one is –or is perceived to be – inferior or unworthy of affection or respect because of one's actions, thoughts, or experiences; measuring self against others and coming up short, "beating yourself up" or criticizing one's self

➡ humility, strong sense of identity, looking for ways to change a situation

Negative Body Image – distorted perception of the aesthetics or sexual attractiveness of one's own body

⇒ health-conscious, self-aware

PINK: WEAK/IMMATURE ⇒ CHILD-LIKE

Weak, Spineless, Poor Boundaries – lacking strength and energy, lack of self-confidence, liable to break or give way under pressure, feeble, lacking strength of character or boldness, letting others control one due to fear of being alone, abandoned, or independent

⇒ humility, meekness, gentleness and submissiveness when appropriate

Dependency, Over-dependency – inability to function without the help of someone or something else, relying on others to provide for us what we ought to provide for ourselves

⇒ inter-dependence, accepting help

Codependency – emotional or psychological dependence on someone who requires support, usually due to physical or mental illness or addiction

⇒ care GIVING (not care TAKING)

Immature – not fully developed/undeveloped, untrained, having or showing emotional or intellectual development appropriate to someone younger, childish attitudes or responses

⇒ child-LIKE in a sweet-natured, trusting, open way (instead of child*ish*)

Naïve – inexperienced, gullible, easily persuaded to believe something, impressionable

⇒ innocent, pure-minded

Disorganization – not properly planned or controlled, messy, haphazard

⇒ flexibility, adaptability, spontaneity, relaxed, accepting, tolerant, free spirit

Irresponsible, Unreliable, Untrustworthy – careless, thoughtless, delinquent, negligent, undependable

⇒ adjustable, adaptable, self-reliant, able to find solutions and ways to get what one wants

Recklessness, Impulsivity – acting without considering or caring about the consequences

⇒ spontaneity

ORANGE: SELFISHNESS ⇒ SELF-AWARENESS

Self Centeredness, Selfishness – considering self first in situations, not having enough regard for others or thinking about how circumstances hurt or help others, thinking, "What's in it for me?"

⇒ self respect and self-care

Vanity, Narcissism – spending excessive time thinking about oneself, self-admiration, self-absorption, attention-seeking, preoccupied with oneself and one's physical appearance

⇒ healthy self-esteem

Gluttony, Greed – Wanting and taking too much: food, sex, time, money, comfort, leisure, material possessions, attention, security Acquiring things (material things, relationships, attention) at the expense of others

⇒ healthy enjoyment of pleasure

Jealousy, Envy – Wanting what others have, including material possessions, relationships physical attributes, or talents

⇒ recognizing the potential for something better for myself

Laziness, Procrastination, Sloth – Not carrying our own load as much as we are able, letting others provide things for us that we ought to get for ourselves, putting things off repeatedly, failing to plan, poor punctuality, rushing

⇒ being able to relax and play

Lust – uncontrolled or illicit sexual desire, intense or passionate longing or craving for expensive objects, power, or sex

⇒ deep desire for something can motivate change

Inconsiderate, Thoughtless, Rude – without due regard for the rights or feelings of others, offensively impolite or ill-mannered

⇒ not being overly concerned with what others think, minding one's own side of the street

GREEN: CONTROL ➡ LEADERSHIP

Controlling – maintain influence or authority over people, places, or things, limit, supervise, govern, regulate

➡ organization, leadership skills

Manipulative – to handle, manage or use something or someone, to exploit or control someone through an imbalance of power, using bribery or punishment to trick others into acting as we wish

➡ good salesman, able to convince others

Rigidity – inflexibility, not permitting change

➡ inflexibility, not permitting change

Meddling – interfere in or involve oneself with something that is not one's concern

➡ awareness of others' needs and courage and empathy to serve

Miserliness, Deprivation – hoarding or spending as little money as possible, denying necessities

➡ frugality, able to save money and spend wisely

Perfectionism – Expecting or demanding too much from ourselves or others, treating things that aren't perfect as not good enough, not recognizing a good try or progress

➡ striving for improvement or achievement or excellence, goal-setting

Impatience – Being frustrated by waiting, wanting something to change or improve rather than accepting it as it is

➡ motivation or energy for change

Intolerance – Not accepting people or things for who or what they are

➡ motivation for setting proper boundaries

Judgmental, Complaining, Fault-finding – Noticing and listing, out loud or to ourselves, the faults of others, expressing dissatisfaction or annoyance about a situation or event

➡ being observant of others, honest

TEAL: DISHONESTY ➡ IMAGINATIVE

Dishonesty, Lying, Deceiving – to cause someone to believe something untrue by saying a false statement, half-truths, withholding important information, exaggerating (represent something as being larger, greater, better, or worse than it actually is), or being insincere (not meaning what is being said)

➡ creativity, ingenuity, inventiveness

Rationalization, Minimizing, Justifying – Blaming others, saying and/or believing there were good motives for bad behavior, saying that what was done really wasn't that bad

➡ critical thinking skills, creativity

Cheating – act dishonestly or unfairly to gain an advantage

➡ creative problem-solving, vision, ability to see potential in people or things

Stealing – taking things that aren't ours

➡ ability to acquire stuff, sense of community, ability to share

Denial, Complacency – inability to see what we are doing, how risky and serious it is and how much harm it may cause

➡ contentment, acceptance

Fantasy – the activity of imagining things, especially the impossible

➡ imagination

Secretive – hiding feelings, intentions, behaviors, and evidence

➡ keeping confidences