

Appendix

A SOUL-TRAIT INVENTORY

THE FOLLOWING LIST of soul-traits is culled from many Mussar sources. It refers to many soul-traits in no particular order. A brief definition follows each name.

This list will help you identify the soul-traits that are part of your own spiritual curriculum. No list can be exhaustive, so if there is something that you feel you need to add to this list, you can do so.

The list is formatted so you can check off the traits where you see a personal need to learn, change, and grow. You may want to mark them with a date so that you can still use this inventory to create future versions of your list.

- ___ *awareness*: being awake to what is really present in the moment
- ___ *logic*: clear and orderly thinking
- ___ *humility*: an accurate recognition of self, neither too grand nor too diminished
- ___ *pride*: self-respect; self-love
- ___ *modesty*: retiring demeanor so as not to attract attention
- ___ *loving-kindness*: acting toward others from goodness of heart
- ___ *faith*: belief in a higher power
- ___ *anger*: heated emotion stirred by a real or supposed injury or insult
- ___ *zeal/passion*: fervor for a cause or service
- ___ *alacrity*: acting without delay

— *generosity*: giving freely, without meanness or selfishness
— *greed*: voracious appetite
— *frugality*: honoring the value in physical possessions
— *honor*: high respect; elevated reputation
— *trust*: having confidence in others; lacking suspicion
— *silence*: quiet; restrained speech
— *love*: affectionate attachment and fondness of heart
— *hate*: intense dislike
— *jealousy*: resentment of another's status or possessions
— *truth*: accurate speech
— *lying*: untruthful speech
— *honesty*: scrupulous uprightness in action; not stealing
— *diligence*: persistent effort; industriousness
— *empathy*: projecting yourself into another's shoes
— *courage*: bravery; boldness
— *timidity*: shyness; reactivity
— *fear*: apprehension of impending danger
— *apathy*: disengagement; distance
— *laziness*: apathy and inactivity in the face of a task or activity
— *equanimity*: serenity; peacefulness; tranquility
— *patience*: ability to endure delay, trouble, pain, or hardship
— *punctuality*: being on time
— *gratitude*: being thankful
— *compassion*: sympathy inclining one to help
— *order*: everything in its proper place

— *stubbornness*: inability to alter opinion
— *purity*: cleanliness; liberation from physical or moral pollution
— *concentration*: bringing all one's power to one point
— *caution*: avoiding rashness; attention to prudence
— *calmness*: freedom from mental agitation; serenity
— *defiance*: bold resistance
— *determination*: firmness of purpose
— *devotion*: a great love or loyalty; enthusiastic zeal
— *discretion*: being discrete in one's speech; keeping secrets
— *flexibility*: adaptability; ability to change to suit circumstances
— *forgiveness*: ability to let go of angry or bitter feelings toward a person or about an offense
— *gentleness*: moderateness; mildness
— *justice*: giving a deserved response; impartiality
— *kindness*: friendliness; helpfulness
— *obedience*: willingness to obey, to be controlled when necessary, to carry out orders
— *openness*: readiness to be candid; receptivity
— *prudence*: wisdom; care in conduct and planning
— *responsibility*: having control over and accountability for appropriate events
— *simplicity*: straightforwardness; authenticity
— *sincerity*: freedom from pretense or deceit in manner or actions
— *steadfastness*: firmness; resoluteness; determination
— *strength*: forcefulness
— *trustworthiness*: dependability; reliability