



Possible Obstacles to Practicing Virtues of Peace

Virtues of Peace	Possible Obstacles to Peace
<p>Honesty: Truthfulness, sincerity and self-knowledge. Communicating and acting authentically with oneself and others.</p>	<p>Dishonesty - a disposition to lie to oneself and others. Inauthenticity - not possessing the claimed or attributed character, quality, or origin; inauthentic; unreal.</p>
<p>Humility: Freedom from false pride or arrogance. Having an awareness of one's own shortcomings and others' strengths.</p>	<p>Arrogance - offensive display of superiority; having or showing an exaggerated opinion of one's own importance, merit, ability; conceited; overbearingly proud; defensiveness. False pride - presenting yourself to others (and yourself) as something you are not - a person without flaws.</p>
<p>Gratitude: Thankful appreciation for what one has received. Showing gratefulness and recognition to others.</p>	<p>Ingratitude - the state of being ungrateful; thanklessness; showing no appreciation.</p>
<p>Understanding: Knowledge, awareness, and intuition. The ability to comprehend one's own and other's feelings, attitudes, and point of view.</p>	<p>Obliviousness - unmindful; unconscious; unaware. Apathy - lack of interest in or concern for things that others find moving or exciting; absence or suppression of passion, emotion, or excitement.</p>
<p>Acceptance: Acknowledgement of the truth regarding a situation or condition; appreciation and validation of one's own and others' human personalities (even our traits we may wish to change); letting go of resistance and denial; absolute cooperation with the inevitable.</p>	<p>Denial - an unconscious defense mechanism used to reduce anxiety by denying thoughts, feelings, or facts that are consciously intolerable. Resistance - opposition to an attempt to bring repressed thoughts or feelings into consciousness.</p>
<p>Forgiveness: A letting go or releasing of resentments. The willingness to move beyond past events, perhaps to reconcile and restore.</p>	<p>Accusation - an allegation that a person is guilty of some fault or offence. Blame - to hold responsible; find fault with; censure. Resentment - the feeling of displeasure or indignation at some act, remark or person, regarded as causing injury or insult.</p>

<p>Tolerance: Open-mindedness to ideas, opinions and practices that differ from one's own; the absence of prejudice; a live-and-let-live attitude.</p>	<p>Intolerance - lack of toleration; unwillingness or refusal to tolerate or respect contrary opinions or beliefs, persons of different races or backgrounds.</p> <p>Narrow-mindedness - lack of receptivity to new ideas; having a closed mind.</p> <p>Prejudice - an unfavorable opinion or feeling formed beforehand or without knowledge, thought, or reason; unreasonable feelings, opinions, or attitudes, especially of a hostile nature, regarding a racial, religious, or national group.</p>
<p>Patience: Calm endurance of hardship, pain or delay. Demonstrating perseverance, restraint and determination.</p>	<p>Impatience - intolerance of anything that thwarts, delays, or hinders; restless desire for change and excitement.</p> <p>Agitation - psychological and physical restlessness; a state of excitement, disturbance, or worry;</p> <p>Striving – a strong desire to take action to control a situation and achieve a particular outcome</p> <p>Frustration - a feeling of dissatisfaction, often accompanied by anxiety, resulting from unfulfilled needs or unresolved problems.</p>
<p>Graciousness: The attribute of being kind to all. Politeness, cordiality and good-natured disposition.</p>	<p>Impoliteness – discourteousness, rudeness or disrespectfulness.</p> <p>Pompousness – exaggeratedly or ostentatiously dignified or self-important.</p>
<p>Benevolence: Friendliness, kindness, selflessness and the inclination to be generous. Having a love of humankind accompanied by a desire to encourage the happiness of others.</p>	<p>Selfishness - devoted to or caring only for oneself; concerned primarily with one's own interests, benefits and welfare, regardless of others.</p> <p>Greediness - excessively or inordinately desirous of wealth and profit.</p> <p>Unkindness - lacking kindness; unsympathetic or cruel.</p>
<p>Compassion: A deep empathy that gives rise to an active desire to alleviate another's suffering.</p>	<p>Cruelty – deliberate infliction of pain or suffering</p> <p>Hatred – intense dislike or extreme aversion or hostility.</p> <p>Indifference – lack of interest or concern for others.</p>

Integrity: Moral consistency of actions, values and principles. Honesty in regard to the motivations of one's actions.

Hypocrisy - a pretense of having a virtuous character, moral or religious beliefs or principles that one does not really possess.

Immorality - violating moral principles; not conforming to the patterns of conduct usually accepted or established as consistent with principles of personal and social ethics.

Inconsistency - lacking agreement, as one thing with another or two or more things in relation to each other; at variance.