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**by** [**Roy Posner**](http://www.gurusoftware.com/GuruNet/RoyPosner.htm)

The table below shows various traits that make up a human being. They are the traits of human consciousness; or perhaps we can call them the endowments of human character, or simply character or personality traits. They are grouped within the categories of an individual's (1) attitudes, (2) miscellaneous attributes, (3) social endowments, and (4) skills. Each trait is shown in two ways; how it manifests in a positive way in a person, and how it manifests negatively in a person.

If, for example, you decide you want to improve your attitudes or other aspects of your being, you can reference this table to discover which items you might want to improve on. Also note that at the end of the table are [other ways](http://www.gurusoftware.com/GuruNet/Personal/Factors.htm#SEVERAL_STEPS_FURTHER) of looking at the traits of human consciousness, including subdividing them at three planes -- physical, vital, and mental; divided in ways that relate to one's success and accomplishment in life, breakdown of traits amongst human values, and so forth. This is an even more advanced knowledge.

(Go directly to: [Attitudes](http://www.gurusoftware.com/GuruNet/Personal/Factors.htm#Attitudes), [Attributes](http://www.gurusoftware.com/GuruNet/Personal/Factors.htm#Attributes), [Social Endowments](http://www.gurusoftware.com/GuruNet/Personal/Factors.htm#Endowments), [Skills](http://www.gurusoftware.com/GuruNet/Personal/Factors.htm#Skills),; [Several Steps Further](http://www.gurusoftware.com/GuruNet/Personal/Factors.htm#SEVERAL_STEPS_FURTHER))

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| **Trait-Positive** | **Trait-Negative** |
| **Attitudes** | |
| accepts authority, loyal, devoted | rebellious |
| accepts what's given | ignores, rejects what's given |
| affectionate | distant, cold, aloof |
| aspiring, ambitious, motivated | self-satisfied, unmotivated |
| candid | closed, guarded, secretive |
| caring | uncaring, unfeeling, callous |
| change; accepts, embraces- | rejects change |
| cheerful | cheerless, gloomy, sour, grumpy |
| considerate, thoughtful | inconsiderate, thoughtless |
| cooperative | uncooperative, unhelpful, combative |
| courageous | cowering, fearful |
| courteous | rude, impolite |
| decisive | indecisive |
| devoted | uncommitted, uncaring, hostile |
| determined | indecisive, unsure |
| does what is necessary, right | does what is convenient |
| perseveres, endures | relents, gives up |
| enthusiastic | unenthusiastic, apathetic, indifferent |
| expansive | kept back, tight, constricting |
| faith in life | life can't be trusted |
| faith in oneself | lack of faith in self |
| faith in others | others can't be relied on |
| flexible | inflexible, rigid, unbending, stubborn |
| forgiving | unforgiving, resentful, spiteful |
| focused | unfocused, scattered |
| freedom given to others | authoritarian, controlling |
| friendly | unfriendly, distant, aloof, hostile |
| frugal, thrifty | wasteful, spendthrift |
| generous | stingy, miserly, selfish |
| goodwill | ill-will, malice, hatred |
| grateful | ungrateful, unappreciative |
| hard-working | lazy |
| honest | dishonest, deceiving, lying |
| humble | arrogant, conceited, ego-centric |
| interested | indifferent, uncaring |
| involved | complacent, indifferent |
| jealous, not | jealous, envious, covetous |
| kind | unkind, uncaring, cruel, mean |
| mature | immature |
| modest | vain |
| open-minded, tolerant | narrow, close, small-minded, intolerant |
| optimistic | pessimistic |
| perfects | allows imperfection |
| persistent, sustaining | flagging, fleeting, unsustaining |
| positive | negative |
| practical | impractical, not viable |
| punctual | late, not on time |
| realistic | unrealist, impractical |
| reliable | unreliable, undependable |
| respectful | disrespectful, rude, impolite |
| responsibility; takes- | blames others |
| responsible [ep to 9 levels] | unreliable, undependable |
| responsive | unresponsive, unreceptive |
| self-confident | lack of self confidence, insecure |
| self-directed | directed by externals |
| self-disciplined | undisciplined, unrestrained, indulgent |
| self-esteem, high | self-esteem, confidence - low |
| self-giving | self-centered |
| self-reliant | dependent |
| selfless | selfish |
| sensitive | Insensitive, indifferent |
| serious | frivolous, silly, trivial |
| sincere | insincere, dishonest |
| social independence | social approval required |
| sympathetic | unsympathetic, unfeeling |
| systematic | unsystematic, disorganized, disorderly, random |
| takes others point of view | insists on own view |
| thoughtful towards others | thoughtless, inconsiderate, callous |
| trusting | suspicious, mistrusting |
| unpretentious | pretentious, affected, ostentatious |
| unselfish | selfish |
| willing does, willingness | unwilling, reluctant, recalcitrant |
| work-oriented | convenience first [ep psych/soc] |
| **For additional information on personal attitudes, click** [**here**](http://www.gurusoftware.com/GuruNet/Personal/Topics/Attitudes.htm) | |

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| **Attributes** | |
| achieved; has- | hasn't achieve |
| adventurous | conventional |
| substance-free | substance-abuse (alcohol, drug) |
| alert | dull |
| aware of opportunities | ignorant of opportunities |
| calm | excitable, nervous |
| clean [ep to 9 levels] | dirty, unkempt |
| clear goals | lack of, jumbled goals; directionless |
| clear thoughts | muddled thoughts, confused |
| completes | leaves hanging, doesn't complete |
| comprehends | doesn't comprehend |
| conscious | unconscious |
| conscious of one's weaknesses | unconscious of one's strengths |
| constructive | destructive, complaining |
| content-oriented | outer, surface, form-oriented |
| creative | uncreative |
| delegates | tries to do everything |
| deliberative | reckless |
| detail-oriented | scrimps on details |
| develops mental capabilities | leaves mental capacities as is |
| directed, has direction | directionless, unfocused |
| disciplined | dissipating |
| dynamic | passive |
| educated | uneducated |
| education exceed previous generation | education not exceed previous generation |
| education greater than present level of achievement | education less than present level of achievement |
| education greater than previous generation | education less than previous generation |
| efficient | inefficient |
| effort taking | lack of effort |
| effort achieves results | effort wasted |
| energetic | listless |
| enterprising | enterprising, not |
| entrepreneurial | entrepreneurial, not |
| envisions the unseen | visionless |
| experienced (in area) | inexperienced (in area) |
| fatigue-free | tired, fatigued |
| focused | unfocused, addled, scattered |
| goal-oriented | goalless, directionless |
| good | evil |
| graceful | clumsy |
| has enough time | never has enough time |
| health robust, strong constitution | poor health, weak constitution |
| high goals | low, no goals |
| higher social interests | lower, no social interests |
| idea-driven | ideas don't motivate to act |
| imaginative | unimaginative |
| improves self | stays the same |
| in rapidly expanding field of work | in static or declining field |
| initiates (has initiative) | lacks initiative |
| innovative | conservative |
| insightful | lacks insight, blind to, ignorant of |
| intelligent | stupid |
| knowledgeable | ignorant, uniformed |
| knowledgeable in a particular area | no knowledge in a particular area |
| leads others | submits, yields to others |
| lives from the depths of life | lives on the surface of life, superficial |
| lucky; things go your way | unlucky |
| money circulated for improvement | money hoarded for security |
| motivated | unmotivated |
| nerves strong | nerves weak |
| objective | subjective, biased |
| observant | blind to, oblivious to |
| organized | disorganized |
| patient | impatient, expectant |
| personable | non-engaging, distant, cold |
| physical stamina | lack of stamina |
| polite, mannered | impolite, ill mannered, rude |
| previous success in family life | previous failure in family life |
| previous success in school | previous failure in school |
| previous success in work | previous failure in work |
| productive interactions with others | chit-chatting |
| professional (acts) | amateurish (acts) |
| professional qualification achieved | no professional qualification |
| punctual | late |
| regular | irregular, erratic |
| relationship with other(s) positive | relationship with other(s) negative |
| resourceful | unresourceful, helpless |
| responsible | irresponsible |
| results-oriented | does for doing's sake, being merely occupied |
| risk-taker | averse to risk |
| sees the whole picture | seeing only parts of the picture |
| seeks improvement | self-satisfied |
| spiritual, inner connection | lacks any spiritual, inner connection |
| stamina | lack of stamina |
| strong; physically- | weak; physically- |
| strong; psychologically- | weak; psychologically- |
| stress-free, relaxed | stressed, tense |
| (has had) supportive family or friends | (has had) indifferent, uncaring family or friends |
| systematic | unsystematic, disorganized, disorderly, random |
| tough | weak, soft |
| trustworthy | untrustworthy |
| wealthy | impoverished |
| wealth in present generation | poverty in present generation |
| well-behaved | ill behaved |
| work is in harmony with personal life | work is in conflict with personal life |

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| **Social** **Endowments** | |
| affectionate family upbringing | indifferent, hostile family upbringing |
| high mental abilities in family | poor mental abilities in family |
| parents attained high social status | parents have low social status |
| parents motivated, gave direction | parents demotivated, gave no direction |
| parents rose & accomplished | parents remained in same position |
| (inheritance) physical attributes are fine | (inheritance) physical attributes are poor |
| (had) previous success (in school, work, family life) | (had) previous failure (in school, work, family life) |
| prosperity in family upbringing | poverty in family upbringing |
| psychological health and well-being | psychological problems |
| prosperity in surrounding society | poverty in surrounding society |
| supportive social environment | indifferent social environment |

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| **Skills** | |
| capacity to judge others | unable to judge others |
| careful, graceful with objects | careless, clumsy |
| communication skills | communication skills, lack of |
| (can) exercise authority | cannot exercise authority |
| delegation skills | delegation skills, lack of |
| leadership skills | leadership skills, lack of |
| listening skills | listening skills, lack of |
| management skills | management skills, lack of |
| motivating skills | motivating skills, lack of |
| negotiating skills | negotiating skills, lack of |
| organization skills | organization skills, lacks |
| planning skills | planning skills, lack of |
| problem-solving skills | problem-solving skills, lack of |
| public speaking skills | public speaking skills, lack of |
| reconciling problems, conflicts at higher level skills | reconciling problems, conflicts at higher level skills, lack of |
| skilled | unskilled |
| skilled, talented exceptionally in particular area | not skilled, talented exceptionally in particular area |
| speaking skills | speaking skills, lack of |
| teamwork skills | teamwork skills, lack of |
| technical work skills | technical work skills, lack of |
| time management skills | time management skills, lack of |
| verbal skills | verbal skills, lack of |
| writing skills | writing skills, lack of |