

SEVEN DEADLY SINS

These considerations were taken from pages 48, 49, 66 & 67 of the Twelve and Twelve
The bold type presents definitions from Webster's Unabridged Dictionary.

PRIDE: An over high opinion of oneself; exaggerated self-esteem; conceit, arrogance, vanity, self-satisfaction.

- Have I been so proud that I've been scorned (disrespected) as a braggart (bragger)?
- Have I acted prideful, consciously or unconsciously out of fear?
- Have I used pride to justify my excesses in my sex conduct?
- Do I like to feel and act superior to others?

GREED: Excessive desire for acquiring or having; desire for more than one needs or deserves.

- Have I been so greedy that I've been or could be labeled a thief?
- Do I long for the possessions of others out of fear of not getting enough?
- Do I let greed masquerade as ambition?

LUST: To feel an intense desire, especially sexual desire; to long: after or for.

- Have I been lustful enough to rape, if not physically what about in my mind?
- Do I fear I will never have the sex relations I need?
- Do I have sex excursions that have been dressed up in dreams or delusions of romance?

ANGER: A strong feeling excited by a real or supposed injury; often accompanied by a desire to take vengeance, or to obtain satisfaction from the offending party; resentment; wrath.

- Have I been angry enough to murder?
- Do I get angry out of fear when my instinctive demands are threatened?
- Have I enjoyed self-righteous anger in the fact that many people annoy me and that makes me superior to them?
- Have I enjoyed gossiping as a polite form of murder by character assassination?

GLUTTONY: One who eats too much. One with a great capacity for something; as, a glutton for work.

- Have I been gluttonous enough to ruin my health?
- Do I grab for everything I can, fearing I'll never have enough?
- Do I bury myself in my work, hobbies or activities?

ENVY: To resent another for excellence or superiority in any way, and to be desirous of acquiring it.

- Do I agonized over the chronic (persistent or recurring) pain of envy?
- Does seeing the ambitions of others materialize make me fear that mine haven't?
- Do I suffer from never being satisfied with what I have?
- Have I spent more time wishing for what others have than working towards them?

SLOTH: Disinclination to action or labor; sluggishness; habitual indolence; laziness, idleness; slowness; delay.

- Have I been paralyzed by sloth?
- Do I get alarmed with fear at the prospect of work?
- Do I work hard with no better motive than to be secure and slothful later on?
- Do I loaf and procrastinate?
- Do I work grudgingly and under half steam?