

Pride is a positive quality when it has to do with self-esteem, as in the pride one takes in his or her work. When pride becomes arrogant, however, it can lead to sin. Pride can lead to an exaggerated sense of self as if you are the center of the universe.

Humility is the virtue that counteracts unhealthy pride. A humble person recognizes his or her need for God and that all graces and benefits of life come from God.

Envy is a vice that leads to resentment and jealousy over another's character or possessions.

Faith opposes envy. It helps us to recognize our own gifts and special worth in God's eyes. It lets us know that we do not need to take from others in order to be what we are called to be.

Anger is often a healthy feeling. When we are treated unfairly or we perceive unfair treatment of another, for example, it is right to feel anger. As a vice, anger means a deep-seated hate for another person.

Patience is a virtue opposed to anger. Patience helps us to respond constructively to the weaknesses and limitations of others and ourselves.

Sloth means laziness. A slothful person is one who neglects obligations and responsibilities.

Love is a lifestyle of commitment. One who truly loves is committed to caring for his or her neighbor with heart, soul, and mind, and in words and actions.

Greed is the love of money and possessions. To a greedy person, the worth of other people pale in comparison to the acquisition of things.

Justice is a virtue that requires two actions: first, a person must be willing to share his or her own possessions; second, a person must not hoard the earth's resources for him or herself and nation.

Gluttony is like greed, though more personal. Gluttony refers to an inordinate and unhealthy love of food, drink, or drugs.

Temperance is a form of self-discipline. We temper the out-of-balance bodily desires to help us to live a healthy existence.

Lust is the attitude that views people as sexual objects to be used to satisfy our own needs.

Chastity is the virtue that directs a person to love and intimacy based on lifetime commitment.