



**THE  
POSITIVITY  
PROJECT**

# CHARACTER STRENGTHS CHART

Strength	Opposite	Extreme
<p>Teacher Phrases. Use this when describing what behavior your students should display or are displaying</p>	<p>Instead of saying  <b>"Don't be so _____"</b>, you can say,  <b>"Please use your character strength of _____"</b> (whatever strength is lacking)"</p>	<p>When you see the below behaviors, you can ask your students to  <b>"Please control your character strength of _____"</b>            (whatever strength this is an extreme display of)"</p>
<p><b>Appreciation of Beauty and Excellence</b></p>	<p>Critical, Apathetic</p>	<p>Adoration, Obsessed</p>
<p><b>Bravery</b></p>	<p>Cowardly, Afraid, Fearful Timid</p>	<p>Reckless</p>
<p><b>Connection/Purpose</b></p>	<p>Aimless, Confused, Uninspired, Unguided</p>	<p>Fanatical</p>
<p><b>Creativity</b></p>	<p>Boring, Copycat, Conformist, Imitative</p>	<p>Outlandish, Absurd, Ridiculous</p>
<p><b>Curiosity</b></p>	<p>Uninterested, Disinterested, Uninvolved, Aloof</p>	<p>Nosiness, Snooping</p>
<p><b>Fairness</b></p>	<p>Prejudiced, Partial, Biased</p>	<p>Impersonal, Indecisive, Detached</p>
<p><b>Forgiveness</b></p>	<p>Vengeful, Revengeful, Spiteful, Vindictive</p>	<p>Permissive, Weak, Doormat</p>
<p><b>Gratitude</b></p>	<p>Entitled, Thankless, Ungrateful</p>	<p>Flattery</p>
<p><b>Hope/Optimism</b></p>	<p>Pessimistic, Despondent, Gloomy, Discouraged</p>	<p>Utopian, Unrealistic, Impractical</p>
<p><b>Humility/Modesty</b></p>	<p>Arrogant, Pretentious, Pompous, Cocky, Smug, Aloof</p>	<p>Self-deprecating, Meek, Passive, Deferential</p>
<p><b>Humor</b></p>	<p>Stuffy, Serious, Boring</p>	<p>Buffoon, Foolish, Moronic, Idiotic, Stupid</p>





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<i>Strength</i>	<i>Opposite</i>	<i>Extreme</i>
<b>Integrity/Honesty</b>	Dishonest, Hypocritical, Deceiving, Cheating	Self-righteous, Insensitive, Holier-than-thou
<b>Kindness</b>	Mean, Rude, Hostile, Nasty	Spoil, Coddle, Pamper
<b>Leadership</b>	Undermining, Dependent, Follower, Yes-person	Authoritarian, Autocratic, Dictatorial, Tyrannical
<b>Love</b>	Lonely, Hateful, Indifferent	Infatuation, Smothering
<b>Love of Learning</b>	Ignorant, Disinterested, Obtuse, Uninformed, Uneducated	Know-it-all, Consumed, Smarty-pant
<b>Open-Mindedness</b>	Biased, Partial, Partisan, Rigid, Inflexible	Indecisive, Fence-sitting, Changing, Unsure
<b>Perspective</b>	Self-absorbed, Egotistical, Narcissistic	Overly empathetic
<b>Perseverance</b>	Helpless, Lazy, Quitter	Overly empathetic Obsessive
<b>Prudence</b>	Rash, Careless, Hasty	Overexact, Perfectionist
<b>Self-Control</b>	Impulsive, Exaggerated, Melodramatic	Rigid, Inflexible, Stern
<b>Social Intelligence</b>	Unaware, Oblivious	Overly empathetic, Preoccupied with others
<b>Teamwork/Citizenship</b>	Narcissism, Overly independent	Zealotry, Too many cooks in the kitchen
<b>Zest/Enthusiasm</b>	Lifeless, Ambivalent, Dull, Spiritless, Lethargic, Low energy	Hyperactive, High-strung, Overwhelming, Excitable

