

E1-Examen Table

by John Holbrook Jr.

[A Biblical View](#), Blog #048 posted May 22, 2017, edited March 9, 2021.

Lord, sometimes I miss the full implications of your commandments. As I study *The Seven Deadly Sins* and their opposites, help me to see my failures in this regard.

Examen Through the Prism of *The Seven Deadly Sins*

<i>The Sins & Their Characteristics</i>	<i>Their Opposites</i>
SUPERBIA	
(Pride)	(Humility)
arrogant, boastful, immodest, proud	humble, modest, reticent
bossy, controlling, domineering, lordly	deferential, submissive, servant-like
careless, disrespectful, thoughtless	careful, respectful, thoughtful
close-minded, contrary, stubborn	teachable, open-minded
defiant, disobedient, unmanageable, willful	obedient, manageable
egocentric, narcissistic, self-absorbed	other-directed, selfless
grandiose, pretentious, vainglorious	meek, lowly, unassuming, unpretentious
passionate	compassionate
AVARITIA	
(Greed)	(Generosity)
avaricious, covetous, discontent, greedy	content, satisfied
acquisitive, materialistic, mercenary	ascetic, un-materialistic
possessive, selfish, stingy	generous, giving, open-handed, unselfish
LUXURIA	
(Lust)	(Chastity)
carnal, fleshly, lusty, sensual	ascetic, spiritual
hungry, voracious	satisfied
incautious, rash	cautious, circumspect
indulgent, licentious, libertarian	abstemious
intemperate, unrestrained	restrained, temperate
INVIDIA	
(Envy)	(Neighborly Love)

disrespectful	respectful
envious	admiring
hateful, malevolent, malicious, spiteful	benevolent, loving, kind, solicitous
merciless, unforgiving, ungracious	gracious, forgiving, merciful
uncooperative, rivalrous	cooperative
unfriendly, unsympathetic	friendly, sympathetic
GULA	
(Gluttony)	(Temperance)
careless, imprudent	careful, prudent
hungry, thirsty	replete, surfeited
discontent, dissatisfied	content, satisfied
gluttonous, insatiable, ravenous, voracious	abstemious, ascetic, satiable
immoderate, intemperate	moderate, temperate
indulgent, licentious, unrestrained	circumspect, controlled, restrained, sober
profligate, spendthrift, wasteful	frugal, thrifty
IRA	
(Anger)	(Patience)
adamant, inflexible, unyielding	flexible, yielding
agitated	calm, peaceful, serene
angry, furious, irate, wrathful	mild
bitter	sweet
impatient	patient
noisy	quiet
resentful	forgiving
rough	gentle
ACCIDIA	
(Sloth)	(Diligence)
inattentive, unresponsive	attentive, responsive
indolent, lazy, slothful	enterprising, industrious
lethargic	energetic, indefatigable
negligent	diligent
passive, uninvolved	active, involved
procrastinating	assiduous, perseverant
undependable, unsteady, untrustworthy	dependable, steady, trustworthy

