

The Obvious One **Lying**

The Subtle Ones

- telling half truths,
 - implying something negative,
 - using connotation to hurt someone,
 - telling “white lies”,
 - implying anything negative,
 - not disclosing something you should
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The Obvious One **Cheating**

The Subtle Ones

- unfairly influencing an outcome,
- being manipulative,
- using influence unfairly,
- letting something “slip”,
- taking advantage of a connection or acquaintance for an unfair “edge”,
- using an unfair advantage,
- using a handicap tag when you don’t need to,
- pinning blame on someone else,
- not revealing earnings on your taxes,
- abusing email,
- making personal calls on work time,
- arriving at work late or leaving early,
- calling in sick when you’re not

The Obvious One
Stealing

The Subtle Ones

- not reporting an accidental overpayment or other benefit,
 - taking credit for something you didn't do,
 - taking another's idea and presenting it as your own,
 - receiving too much change from a transaction and not reporting it,
 - being undercharged and not reporting it,
 - suing unnecessarily
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The Obvious One
Cursing

The Subtle Ones

- watching vulgar movies/television shows,
 - ignoring the affect of vulgarity on others,
 - using cursing as a way to wound or shock others,
 - using cursing to sound "cool", cursing in front of children,
 - using gratuitous or thoughtless curse words until they become a regular part of your vocabulary
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The Obvious One
Gossiping

The Subtle Ones

- not offering praise when you can,
- not refusing to participate when others are gossiping,
- implying something negative about someone by what you don't say,
- staying quiet while others disparage someone with gossip,
- laughing when someone is disparaged, gossiping or discussing someone else's challenges under the guise of "concern",
- asking details about some scandal or rumor

The Obvious One

Racism

The Subtle Ones

- laughing at racist jokes,
- not speaking up when someone makes a racist remark,
- avoiding people of another race,
- making assumptions and gross generalizations about other races,
- hiding discomfort beneath extreme “political correctness”,
- making assumptions about the someone’s social, economic, political, or familial situations based on their race

The Obvious One

Physical Abuse or Violence

The Subtle Ones

- responding physically when you are angry,
- becoming physical in response to violence,
- banging, throwing, or breaking things when you’re angry,
- watching gratuitous violence for entertainment,
- abusing or neglecting animals,
- threatening someone with violence

The Obvious One

Selfishness

The Subtle Ones

- exploiting an advantage,
 - obsessing over problems at the expense of others,
 - avoiding contributing to charity,
 - placing your own self-interest over the interests of another,
 - devoting family time to the pursuit of personal hobbies, interests,
 - becoming obsessed with TV, sports, or shopping at the expense of family,
 - usurping the family budget with personal purchases,
 - ignoring relational problems pointed out by family members,
 - placing a higher value on your schedule or routine than the concerns of others, establishing your own personal “non-negotiables” in relationships
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The Obvious One

Adultery

The Subtle Ones

- flirting, texting, emailing with another outside of your committed relationship,
- having an emotional affair,
- sharing with another concerns and conversation you withhold from your spouse or committed partner,
- using pornography to avoid your spouse or partner,
- sharing the intimate details of your relationship with a friend-betraying trust,
- lying about where you're going or what you're doing

The Obvious One

Emotional Abuse

The Subtle Ones

- always pointing out the negative to another,
- withholding praise or affirmation,
- pointing out another's flaws in the guise of "help",
- reminding someone of their past mistakes,
- withholding affection or attention,
- not letting go of past hurts and dredging them up,
- withholding forgiveness,
- being spiteful,
- using sarcasm or ridicule,
- purposely "pressing someone's buttons",
- embarrassing someone,
- disclosing a confidence,
- "shutting down",
- withdrawing,
- giving the "silent treatment",
- screaming or yelling,
- ignoring some else's pain,
- persisting in behavior that is hurtful to another,
- being jealous,
- being envious of another,
- belittling someone,
- betraying another's trust,

The Obvious One

Laziness

The Subtle Ones

- making excuses for avoiding responsibilities,
- refusing to look at relational problems,
- pressuring others to take responsibility for things you should do,
- taking the easy route when it hurts another,
- making snap judgments instead of looking beneath the surface,
- avoiding difficult conversations,
- avoiding health responsibilities,
- refusing to recycle or otherwise protect the earth because it takes too much effort, avoiding your spiritual work or prayer practice,
- avoiding someone to avoid a confrontation,
- letting your home or workspace become messy or dirty,
- not pursuing your goals for fear of failure,
- not pointing out or correcting an injustice because it is difficult,
- not speaking up to avoid a confrontation

The Obvious One

Judging Others

The Subtle Ones

- dismissing others,
- feeling righteous about being “not like” someone you view as morally inferior,
- feeling smug about being “right”,
- jumping to quick or easy assumptions about another’s motives,
- forming opinions based on someone’s actions or words instead of the emotions or hurts driving those behaviors,
- dismissing someone based on their religious, political, or morale views,
- labeling others with words like “good”, “bad”, “right”, “wrong”,
- refusing to engage in conversation or relationship because of perceived characteristics or values of another,
- needing to be right all the time,
- having a moral line across which you can justify judging or condemning – is it the terrorist or rapist? embezzler or murderer?