

PRIDE ?

- I am proud of what I have achieved in life.
- I am a good judge of people
- I am socially acceptable
- I am proud of my status and position in life
- I am a very exclusive and unique individual
- I am modest about what I have achieved in life
- I am a self-made man/woman
- I am a person of dignity with high principles
- I have great humility towards others
- I have faith in other people
- I have high self esteem
- I have lots of compassion and sympathy for others
- I have high standards and the discipline to carry them out
- I know who I am
- I can see the bigger picture in life
- I was born lucky
- I discern which judgment is right for me
- I never judge others even when I know what is right for them
- I owe everything I have to my own ability
- I hate negativity because I am a positive person
- I always behave in a morally right way
- I never break the law maliciously
- I believe that all people should obey a code of ethics
- I believe that behaving properly is the civilised thing to do
- I believe in justice
- I believe in puffing out my chest
- I believe in reaching the dizzy heights of success
- I believe in walking tall
- I believe that scientists are often proved wrong but mathematics is undisputable
- I believe that my view of life is usually right
- I believe that life has rules
- I believe in fate
- I believe that tomorrow is another day
- I believe the best is yet to come
- I believe that time is money
- I believe that we are the product of our genes
- I believe that pride comes before a fall
- I believe that we should strut our stuff
- I believe that variety is the spice of life
- I believe that there but for the grace of god go I
- I believe that it is always darkest before the dawn

- I believe that big boys don't cry
- I believe we should put it down to experience
- I believe that you are never too old
- I believe that it never rains but it pours
- I believe that you should never judge a book by its cover
- I believe that there is no time like the present
- I believe that life can be a no win situation
- I believe that the clock is ticking
- I believe that what a difference a day makes
- I believe that time and tide wait for no man
- I believe we should let it run its course
- I believe that the weeks just fly by
- I believe that time flies when you are having fun
- I believe that there is no time like the present
- I believe that a watched pot never boils
- I believe that there is a first time for everything
- I believe that we live and learn
- I believe that you shouldn't tempt providence
- I believe that you should never say never
- I believe that you can be too big for your boots
- I believe that life is black and white
- I believe that we deserve everything we get
- I believe that there is method in our madness
- I believe that life is an accident waiting to happen
- I believe that every picture tells a story
- I believe that you never know which side your bread is buttered on
- I believe that what you see is what you get
- I believe that manners maketh man
- I believe that perception is reality
- I believe that life just is
- I am at one with my God and at one with Life
- I have empathy with all living things
- I discern my destiny by hearing my messages
- I know my exclusive contribution to the Universal Plan
- I have a vision, mission and purpose for my life
- I am exclusively connected to my power and authority
- I know how much I do not know

ENVY ?

- I am never jealous of what other people have
- I am in control of my life
- I am an independent person
- I am the master of my own destiny
- I often experience Murphy's Law (what can go wrong will go wrong)
- I am often faced with Hobson's Choice (I am given no choice)
- I choose to live in a democracy rather than a dictatorship
- I envy all the good things in life that people have and do
- I encourage my children to mix with their own social grouping
- I was born to be free
- I take my responsibilities in life seriously
- I have everything I want
- I want everything I have
- I choose home sweet home
- I choose a co-dependent relationship with my partner
- I choose to master my environment
- I always watch my Ps & Qs
- I believe that we should look after people who can't take care of themselves
- I believe that if people can't control themselves then they should be controlled by society
- I believe it is the responsible thing to do to look after relatives in their old age
- I believe that my choice is limited by my circumstances
- I believe that friendship is important to me
- I believe that true friends will never let you down
- I believe that without control and order we have chaos
- I believe that life without order is a mess
- I believe that we should obey the voice of the majority
- I believe in freedom of expression
- I believe that we have a duty to vote
- I believe in honouring my parents
- I believe that envy is good but jealousy is bad
- I believe that kindness is a virtue
- I believe that blood is thicker than water
- I believe that it is better to give than to receive
- I believe that an Englishman's home is his castle
- I believe that a dog is a man's best friend
- I believe that you make your bed and must now lie in it
- I believe that beggars can't be choosers
- I believe that the life span of man is three score years and ten
- I believe that we all have to die one day
- I believe that you can't teach an old dog new tricks

- I believe that you are never too old to learn
- I believe that you can't mix business with pleasure
- I believe that the grass is always greener on the other side
- I believe that what will be will be
- I believe that the world is my oyster
- I believe that what goes around comes around
- I believe that my conscience is clear
- I believe that I am here to serve others
- I believe that we all get what we deserve
- I believe that some people just won't be told
- I believe that there will be tears before bedtime
- I believe that when we choose one we have to sacrifice another
- I believe that our luck can run out
- I believe that it's never too late to start again
- I believe that what ever occurs is meant to be
- I believe that there is a light at the end of the tunnel
- I believe that every cloud has a silver lining
- I believe that we shouldn't run before we can walk
- I believe that we should never tempt providence (fate)
- I believe in never burning my bridges
- I believe that we often get stuck in a rut
- I believe that what is out of sight is out of mind
- I believe that absence makes the heart grow fonder
- I believe that we are what we eat
- I believe that we all have choice
- I am at choice in every moment of my life
- I am in total control of my life
- I am living my true values
- I am aware of all living things
- I have no attachments to life
- I am sensitively detached from the influences of life
- I feel the essence of who I am

GLUTTONY ?

- I am in for a penny and in for a pound
- I am comfortable with my life
- I do not take risks with my safety and security
- I choose extravagance without waste
- I often dream of a better life
- I follow my dreams
- I have a clearly defined comfort zone
- I have well defined boundaries
- I tolerate very little
- I enjoy being treated like a prince/princess
- I create my own reality
- I truly value being happy
- I have more than enough of everything I need
- I live an abundant life
- I regularly give to charity
- I recycle
- I only trust what I know to be real
- I prefer to be rich rather than to be poor
- I will be satisfied when I have enough
- I enjoy making other people happy
- I believe that gluttons are greedy
- I believe that all gluttons over eat
- I believe that shortage is created by over demand
- I believe that being poor makes you vulnerable to the vagaries of life
- I believe that I will have everything I want when I get to heaven
- I believe that the earth's resources are limited
- I believe that abundance is the opposite of scarcity
- I believe that poverty and hunger are two different things
- I believe that you can't have too much love
- I believe that extravagance is having too much
- I believe that abundance is a luxury attained only by the few
- I believe that money can't buy happiness
- I believe that when we look after the pennies the £s will look after themselves
- I believe that wealth is my birthright
- I believe that vagrants and beggars are poor
- I believe that poverty is a virtue
- I believe that money is power
- I believe that the trick to money is to have plenty
- I believe that the more I give the more I get back
- I believe that life is a sacrifice and a process of learning how to suffer
- I believe that without pain there is no gain

- I believe that you shouldn't count your chickens before they hatch
- I believe that money burns a hole in your pocket
- I believe that money is the root of all evil
- I believe that life is like a bowl of cherries
- I believe that money doesn't grow on trees
- I believe that a fool and his money are soon parted
- I believe that money makes the world go round
- I believe that you can't have your cake and eat it
- I believe that you can have your cake and eat it
- I believe that if you don't ask, you don't want
- I believe that you can't have everything in life
- I believe that you can't get blood out of a stone
- I believe that everything comes to those who wait
- I believe that we can't live out of someone else's pocket
- I believe that a little of what you fancy does you good
- I believe that the cat always gets the cream
- I believe that if we waste not, we will want not
- I believe that we can live out of someone else's pocket
- I believe that if you give them an inch, they will take a mile
- I believe that the more you give the more they will want
- I believe in a favour for a favour
- I believe that we should take our money and run
- I believe that if we look after the pennies then the £s will look after themselves
- I believe that a fool and his money are soon parted
- I believe in laughing all the way to the bank
- I believe that if you don't give gypsies money they will curse you
- I believe that my eyes are bigger than my belly
- I believe that there is always enough
- I believe that God is infinite, eternal and continuous
- I am content with my life
- I am in gratitude for everything that occurs in my life
- I co-operate with my heart and my head
- I live in a rational world
- I am a spiritual being
- I am emotionally rational in my outlook to life
- I am rationally, emotionally and spiritually intelligent

LUST ?

- I am passionate about everything I do
- I desire to make my life better
- I love who a I am
- I am a sensual person
- I have an adult outlook to life
- I am in my 2nd childhood
- I have been 'born again'
- I feel totally secure with my sex/gender
- I am attractive to my opposite sex/gender
- I am attracted to my opposite sex/gender
- I wear the trousers in my house
- I always speak my truth
- I am always sincere
- I have experienced physical bliss with my partner
- I often feel the emotional beauty of my partner
- I like my friends and love my family
- I will go to heaven when I die
- I love life unconditionally
- I would never make love to my friends
- I like who I am
- I love my partner in a different way to my children
- I don't know whether to laugh or cry sometimes
- I love beautiful things
- I believe that lust is the pursuit of material gain
- I believe that lust is the pursuit of sexual gratification
- I believe that beauty is in the eye of the beholder
- I believe in fighting evil with good
- I believe that no man is an island
- I believe that my body is a temple
- I believe that like attracts like
- I believe that opposites attract
- I believe that there is method in my madness
- I believe that sex is an instinct that ensures the survival of humankind
- I believe that I have a duty to propagate my genes by sowing my 'wild oats'.
- I believe that consenting sex is healthy
- I believe that sex without love is lust
- I believe that beauty is only skin deep
- I believe women have a need to be loved and men need sex
- I believe that self love is vanity
- I believe that liking someone is different to loving someone

- I believe that if we marry in haste, we repent at leisure
- I believe that sometimes we have to be cruel to be kind
- I believe that some people will cut off their nose to spite their face
- I believe that you can't live on love alone
- I believe that we should turn the other cheek
- I believe that if you live by the sword you will die by the sword
- I believe in an eye for an eye
- I believe that all is fair in love and war
- I believe that life is a bitch then you marry one
- I believe that familiarity breeds contempt
- I believe in fighting fire with fire
- I believe that home is where the heart is
- I believe that true love never runs smooth
- I believe that some things are money for old rope
- I believe in getting a pound of flesh
- I believe that some things are just too good to be true
- I believe that men keep their brains in their balls
- I believe that you always hurt the ones you love
- I believe that one should never marry an attractive girl
- I believe that money can't buy happiness
- I believe that good times don't last forever
- I believe that cleanliness is next to godliness
- I believe that the truth is painful
- I believe that people often get their wires crossed
- I believe that it was the last straw that broke the camels back
- I believe some people don't have the sense they were born with
- I believe that couples should stick together through thick and thin
- I believe that marriage is a compromise
- I believe that a friend in need is a friend indeed
- I believe that Love is the way
- I am connected to the Joy of Life
- I enjoy intimacy with my partner and with life
- I am a credible human being
- I am authentic
- I exclude no one from my life
- I know the source of my own power
- I have the energy to live life fully
- I am in this world but not of this world

GREED ?

- I am a humble person
- I am very confident but never arrogant
- I am very competitive
- I am a perfectionist
- I am a victim of nothing
- I am nobody's fool
- I am a great critic of life
- I am free to say whatever I like whenever I like
- I am a royalist
- I am patriotic to my country
- I am an assertive leader
- I enjoy pleasing other people
- I have the right to defend myself against an intimidator
- I like to win
- I pursue excellence
- I agree with legalised killing
- I need to be acknowledged for what I do and recognised for who I am
- I speak my mind
- I look up to my heroes in life
- I show allegiance to my race
- I tithe 10% of my income to my religion
- I never let emotion get in the way of making my decisions
- I never patronise other people
- I never criticise or condemn others
- I aim to be top of my class
- I command respect
- I do not suffer fools gladly
- I know the tears of a clown
- I am red faced and rosy cheeked
- I know my place in life
- I believe that good breeding is important
- I believe that a good education is essential
- I believe that sarcasm is the lowest form of wit
- I believe that some people are more equal than others
- I believe that arrogance is having too much pride
- I believe that some people are born to be leaders
- I believe that the meek will inherit the earth
- I believe that people rise to the level of their own incompetence
- I believe that the lord giveth and the lord taketh away
- I believe that God works in a mysterious way
- I believe in winning by a nose

- I believe that the Word of God is sacrosanct and should be taken as read
- I believe that one man's meat is another man's poison
- I believe that it takes one to know one
- I believe that with some people the lights are on but no-one is home
- I believe that some people are can short of a six pack
- I believe that some people are away with the fairies
- I believe that it is good to get 'one up' on someone else
- I believe that if the cap fits, wear it
- I believe that better the devil you know than the devil you don't
- I believe that there is naught as queer as folk
- I believe that some people think that they are the bee's knees
- I believe that some people wouldn't say boo to a goose
- I believe that some things get right up my nose
- I believe that some things are a different kettle of fish
- I believe that sticks and stones may break my bones but words will never hurt me
- I believe that some people just need a good slap
- I believe in getting my nose in front
- I believe that it takes two to tango
- I believe that taking the 'Mickey' is just good fun
- I believe that some things are enough to make your blood boil
- I believe that those who are naughty should feel the back of my hand
- I believe that many things are just tongue in cheek
- I believe that blondes have more fun
- I believe that life always kicks you when you are down
- I believe that two wrongs don't make a right
- I believe in not shooting the messenger
- I believe it is best to bury the hatchet
- I believe that you can't please all the people all of the time
- I believe in suffering in silence
- I believe that some people are the salt of the earth
- I believe in calling a spade a spade
- I believe that a woman's work is never done
- I believe that god only blesses those who serve
- I believe that we are all different
- I believe that we are all equal
- I have the ability to reason
- I have the ability to respond
- I am sensitive to the needs of all others
- I have no attachments to life or material possessions

ANGER ?

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> I am merciful to others | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I try to keep my head above water | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I keep my emotions contained | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I have strong boundaries | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I treat others with respect | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I acknowledge other people's achievements | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I recognise people's status in life | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I have prophetic dreams/insights | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I am significant | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I don't rock the boat | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I take care of my loved ones | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I have a good instinct for survival | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I am as happy as a pig in shit | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I put a spanner in the works | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I walk my talk | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I stand out like a sore thumb | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I show my true colours | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I swear on my mother's life/grave | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I can read people like a book | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I turn a crisis into a drama | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I end up on a wild goose chase | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I follow like a lost soul | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I pull the wool over people's eyes | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I hold my hands up when I am wrong | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I am brutally honest | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I take other people for a ride | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I upset the neighbours | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I keep up with the Jones' | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I look before I leap | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I end up with egg on my face | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I argue in front of the children | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I spit my dummy out | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I'm alright Jack | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I go to hell and back | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I believe people when thousands wouldn't | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I believe children should be seen and not heard | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I believe others should do as I say not what I do | <i>always-usually-sometimes-never</i> |
| <input type="checkbox"/> I believe that the early bird catches the worm | |
| <input type="checkbox"/> I believe that once seen never forgotten | |
| <input type="checkbox"/> I believe that you should let sleeping dogs lie | |
| <input type="checkbox"/> I believe that fools rush in where angels fear to tread | |

- I believe that you can wash you hands of an issue
- I believe that we should not upset the apple cart
- I believe that when your number is up, your number is up
- I believe in having something up your sleeve
- I believe in putting my money where my mouth is
- I believe in each to their own
- I believe in making a clean breast of it
- I believe that if you don't use it you lose it
- I believe that when we practice to deceive what a tangled web we weave
- I believe that if you scratch my back then I will scratch yours
- I believe that I can take it or leave it
- I believe that if you play with fire you will get burnt
- I believe in playing my game with my ball
- I believe in getting things done by hook or by crook
- I believe that if you give people enough rope they will hang themselves
- I believe that some people need to wake up and smell the coffee
- I believe that children should love, honour and obey their parents
- I believe that wives should love, honour and obey their husbands
- I believe that mental illness is a disease of the mind
- I believe that things turn up like a bad smell
- I believe that accidents happen
- I believe that light is a wave
- I believe that light is a particle
- I believe that we all experience at least 5 minutes of fame
- I believe that acts of god are Acts of God
- I believe that it is good to let off steam
- I believe that anger needs to be kept under control
- I believe that the meek will inherit the earth
- I believe that everything comes to those who wait
- I believe that patience is a virtue
- I believe in letting others follow their own path
- I am fulfilled
- I am joyful
- I am transparent to other people's emotions
- I am emotionally intelligent
- I am spiritually intelligent

SLOTH ?

- I am lean and hungry for success
- I laugh in the face of adversity
- I make sacrifices to achieve what I want
- I strive for excellence
- I am destined to follow my fate
- I tolerate life without complaint
- I am only human after all
- I am single-minded
- I am focused
- I work hard and diligently
- I will leave a legacy when I die
- I am honourable
- I have a duty to provide for my family
- I have a memory like a sieve
- I never get my knickers in a twist
- I always look where I am going
- I don't know whether I am coming or going
- I avoid falling on hard times
- I never let anyone steal my thunder
- I never run around like a blue arse fly
- I often don't know when to stop
- I take to things like a duck to water
- I hate looking as though I have been dragged through a hedge backwards
- I meet deadlines by the skin of my teeth
- I am at the peak of my career
- I am always on the ball
- I hate clutching at straws
- I choose to be a hero
- I believe in taking the path of least resistance
- I believe that if at first you don't succeed try, try, try again
- I believe that if you run around barefoot, you will catch your death of cold
- I believe that life is hard then you die
- I believe that you only get out what you put in
- I believe that hard work never killed anyone
- I believe that we shouldn't waste time doing nothing
- I believe that we retire at sixty-five
- I believe that lightning never strikes twice in the same place
- I believe that shit happens
- I believe that what the eye doesn't see the heart doesn't grieve for
- I believe that what you don't know can't hurt you
- I believe in three strikes and you are out

- I believe that where there is a will there is a way
- I believe in making hay while the sun shines
- I believe that a stitch in time saves nine
- I believe that there is always a calm before a storm
- I believe that it's tough at the top
- I believe that it's lonely at the top
- I believe that life is what you make it
- I believe that once bitten twice shy
- I believe that time and tide wait for no man
- I believe that life is a battle against the odds
- I believe in letting your hair down
- I believe that we shouldn't throw the baby out with the bath water
- I believe that many hands make light work
- I believe that sometimes we have to bite the bullet
- I believe in not setting my sights too high
- I believe in hanging on for dear life
- I believe that when in doubt, do nought
- I believe in not putting the cart before the horse
- I believe that some things you can do in your sleep
- I believe that some things are a labour of love
- I believe that fame has a price
- I believe that beauty has a price
- I believe in going with the flow
- I believe that a bird in the hand is worth two in the bush
- I believe that sometimes we have to grin and bear it
- I believe that we should practice what we preach
- I believe that some things we can do standing on our head
- I believe that some things just knock you off your feet
- I believe in watching the world go by
- I believe in waxing lyrical
- I believe in doing two jobs at once
- I believe that some things are touch and go
- I believe that we all go through the mill sometimes
- I believe that he who hesitates is lost
- I believe that he who dares wins
- I believe that more haste creates less speed
- I believe that sometimes it is now or never
- I believe in burning the candle at both ends
- I believe in soldering on
- I believe that if in doubt cop out
- I believe that some things are just showing off
- I believe that some times we take one step forward and two steps back
- I believe in getting right down to the nitty-gritty

- I believe that a stitch in time saves nine
- I believe when in Rome do as the Romans do
- I believe in sticking to my guns
- I believe in anything for a quiet life
- I believe that being fat and lazy is a sin
- I believe that being selfish is doing what is in my own long term best interests, which is never detrimental to another
- I believe that being selfish is doing what is in my own short term best interests and is often detrimental to others
- I believe that it is noble to lay down your life for your friend
- I believe that it is my duty to fight for my country
- I believe that god is the supreme being
- I believe there is only one god
- I believe that England expects every man to do his duty
- I believe that stubbornness is a good quality to have
- I believe that prudence is a virtue
- I believe that temperance is a virtue
- I believe that fortitude is a virtue
- I believe that the world needs more faith, hope and charity
- I believe that America is the land of the free
- I believe that success requires bravery
- I believe that running away is cowardice
- I follow my own path
- I look after No. 1
- I know who I am
- I know why I am here
- I see the bigger picture
- I follow my instincts
- I have a nose for success
- I am a human Being
- My life is effortless
- I flow with what ever occurs
- I have no preferences
- I am expansive
- I feel Love
- I know my Light
- I see Life