

The Big List of Qualities (and their Polarities)

*Remember: all qualities are neutral -
we decide to identify qualities as 'Is Me' or is 'Not Me'.*

QUALITY	IS ME	QUALITY	IS ME
good		bad	
upright		licentious	
moral		immoral	
principled		law breaker	
honest		dishonest	
high standards		mediocre	
integrity		phony	
zealous		apathetic	
hard working		lazy	
serious		playful	
responsible		irresponsible	
persevering		fickle	
exact		imprecise	
meticulous		sloppy	
committed		uninvolved	
sober		frivolous	
careful		careless	
critical		tolerant	
conscientious		slip shod	
on time		tardy	
striving		aimless	
correct		incorrect	
right		wrong	
intense		relaxed	
altruistic		selfish	
strict		forgiving	

discriminating		indiscriminate	
organized		disorganized	
earnest		insincere	
an improver		complacent	
helpful (very)		selfish	
needed		needy	
indispensable		useless	
generous		stingy	
supportive		destructive	
thoughtful		thoughtless	
sympathetic		heartless	
friendly		detached	
nurturing		withholding	
compassionate		violent	
thoughtful		insensitive	
soft hearted		unsentimental	
caring		cruel	
loving		hateful	
tender		tough	
empathic		confrontational	
affirming		indifferent	
Self-sacrificing		Self-centered	
relational		loner	
feeling		heady	
welcoming		imposing	
kind		mean	
available		aloof	
warm		cold	
fuzzy		prickly	
available		unavailable	
people-loving		thing-loving	
other-oriented		self-oriented	

good listener		judgmental	
complimentary		critical	
professional		amateur	
organized		disorganized	
productive		idle	
industrious		lazy	
successful		failure	
cheerleader		wallflower	
youthful		stuffy	
enthusiastic		depressed	
motivated		bored	
on the go		slow motion	
promoter		wait and see	
salesperson		sit on the shelf	
pragmatic		head in the clouds	
political		unsavvy	
upwardly mobile		back water	
efficient		ineffective	
competent		inadequate	
goal oriented		disoriented	
team player		loner	
popular		geek	
entrepreneur		ambitionless	
executive		invisible follower	
achieving		nothing to show	
important		nobody	
accomplished		unfinished	
looking good		slob	
Self-assured		diffident	
cutting edge		outmoded	
multi-tasking		over-focused	

bottom line		bogged in trivia	
romantic		utilitarian	
intuitive		obtuse	
symbolic		concrete	
artistic		logical	
creative		stagnant	
sensitive		rough	
original		banal	
refined		crude	
deep feeling		shallow	
intense		dull	
nostalgic		here and now	
authentic		copy	
special		ordinary	
dramatic		matter of fact	
ritualizing		trivializing	
aesthetic		boorish	
good taste		crass	
yearning		having	
melancholic		light hearted	
misunderstood		easy to know	
mysterious		predictable	
passionate		pedestrian	
unique		common	
introspective		thoughtless	
classy		tasteless	
spiritual		mundane	
exciting		boring	
imaginative		literal-minded	
elite		trendy	
wise		foolish	
observant		inattentive	

quiet		loud	
respectful		intrusive	
private		transparent	
concise		garrulous	
circumspect		audacious	
thoughtful		impulsive	
objective		biased	
cool		hot	
intellectual		emotional	
informed		uninformed	
contained		out there	
dispassionate		passionate	
complex		simplistic	
reflective		active	
synthetic		myopic	
undemonstrative		gushy	
removed		available	
reasonable		romantic	
thrifty		generous	
even-tempered		impetuous	
shy		sociable	
tweedy		trendy	
independent		dependent	
self-sufficient		needy	
pithy		wordy	
dry		mushy	
abstract		concrete	
polite		pushy	
cautious		reckless	
security seeking		adventuresome	
careful		careless	

traditional		liberal	
obedient		rebellious	
responsible		irresponsible	
sensible		outrageous	
God fearing		hell raiser	
faithful		fickle	
fearful		brave	
worrisome		carefree	
reliable		unaccountable	
respectful		disrespectful	
prudent		immoderate	
vigilant		negligent	
suspicious		trusting	
skeptical		gullible	
indecisive		decisive	
legal		outlaw	
dutiful		delinquent	
detailed		unobservant	
wary		naive	
hesitant		impulsive	
consistent		inconsistent	
orthodox		unorthodox	
loyal		betrayor	
cautious		foolhardy	
cooperative		difficult	
prepared		ill-equipped	
true blue		ambiguous	
cheerful		gloomy	
optimistic		pessimistic	
enthusiastic		flat	
lively		dull	
playful		serious	

light-hearted		heavy	
spontaneous		predictable	
planner		plodder	
diversified		stuck	
bright		dim	
up		down	
entertaining		boring	
fascinated		uninterested	
positive		negative	
many possibilities		limited	
stimulating		deadening	
take flight		pedestrian	
joyful		depressed	
gregarious		reserved	
appreciative		take for granted	
funny		humorless	
adventurous		afraid	
inventive		trapped	
charming		aloof	
multi-talented		modest	
alert		asleep	
raconteur		reticent	
sensual		repressed	
resourceful		at a loss	
ingénue		jaded	
strong		weak	
independent		dependent	
blunt		indirect	
forceful		indecisive	
confident		diffident	
high energy		phlegmatic	

fair		unjust	
assertive		submissive	
leader		follower	
tough		tender	
hard		soft	
courageous		cowardly	
aggressive		sissy	
own person		deferential	
unlimited		bounded	
no nonsense		beat around the bush	
influential		not listened to	
street-wise		taken advantage of	
competent		unresourceful	
own person		lackey	
magnanimous		mean	
protector		victim	
self-directed		other-directed	
direct		double-talk	
stand up for rights		wimpy	
definite		iffy	
risk-taker		avoider	
fearless		fearful	
invincible		vulnerable	
tenacious		quitter	
content		upset	
laid back		ambitious	
comfortable		edgy	
calm		hassled	
peaceful		warrior	
open minded		opinionated	
blend in		stand out	

laissez faire		pushy	
low key		intense	
diplomatic		judgmental	
allowing		controlling	
accommodating		demanding	
unpretentious		show off	
patient		frantic	
live and let live		change agent	
go with the flow		goal oriented	
outer directed		inner directed	
inclusive		exclusive	
procrastinating		timely	
asleep		alert	
distracted		focused	
tolerant		bigoted	
mediator		troublemaker	
placid		emotionally expressive	
stable		erratic	
unpretentious		flamboyant	
ecumenical		prejudiced	
creature of habit		unpredictable	
enduring		explosive	
nice		nasty	