

# SANGFORD SCHOOL

## CHARACTER EDUCATION PROGRAM (CEP)

The Virtues			
Virtue	Definition (Merriam-Webster)	Complements	Transcends
Acceptance	The act of accepting something or someone	Contentment, Forgiveness	Denial, Rejection
Assertiveness	Disposed to or characterized by bold or confident statements and behavior	Confidence, Courage	Self-doubt, Shyness
Authenticity	True to one's own personality, spirit, or character	Honesty, Integrity	Low self-esteem
Beauty	The qualities in a person or a thing that give pleasure to the senses or the mind	Joyfulness, Peace	Ugliness
Caring	Feeling or showing concern for other people	Compassion, Kindness	Cruelty, Insensitivity
Cleanliness	The practice of keeping yourself and your surroundings clean	Orderliness, Purity	Dirtiness
Commitment	An agreement or pledge to do something in the future	Loyalty, Perseverance	Lack of Direction
Compassion	Sympathetic consciousness of others' distress together with a desire to alleviate it	Caring, Understanding	Grief, Judgment
Confidence	A feeling or belief that you can do something well or succeed at something	Assertiveness, Courage	Self-doubt, Uncertainty
Consideration	The act of thinking carefully about something you will make a decision about	Caring, Compassion	Selfishness
Contentment	The state of being happy and satisfied	Fulfillment, Joy	Dissatisfaction, Restlessness

Cooperation	A situation in which people work together to do something	Teamwork, Unity	Defiance
Courage	Mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty	Boldness, Confidence	Fear, Self-doubt
Creativity	The ability to make new things or think of new ideas	Joy, Purposefulness	Ordinary
Detachment	Lack of emotion or of personal interest	Faith, Freedom	Control
Determination	A quality that makes you continue trying to do or achieve something that is difficult	Commitment, Tenaciousness	Complacency
Dignity	A way of appearing or behaving that suggests seriousness and self-control	Honor, Respect	Egoism, Selfishness
Encouragement	Something that makes someone more determined, hopeful, or confident	Support, Caring	Self-doubt, Discouragement
Enthusiasm	Strong excitement about something; a strong feeling of active interest in something that you like or enjoy	Energy, Motivation	Boredom, Indifference
Ethical	Following accepted rules of behavior; morally right and good	Fairness, Respect	Immorality
Excellence	Extremely high quality	Dignity, Honor, Integrity, Respect	Mediocrity
Fairness	Treating people in a way that does not favor some over others	Equality, Justice	Grievance, Injustice
Faith	Strong belief or trust in someone or something	Confidence, Hope, Trust	Apprehension, Doubt
Flexibility	Willing to change or to try different things	Detachment, Understanding	Stubbornness
Forgiveness	The act of forgiving someone or something	Freedom, Peace	Anger, Bitterness
Friendliness	Acting like a friend; kind and helpful	Kindness, Tact	Shyness

Generosity	The quality of being kind, understanding, and not selfish; the quality of being generous	Kindness, Service	Stinginess, Self-centeredness
Gentleness	Having or showing a kind and quiet nature; not harsh or violent	Patience, Peace	Aggression
Graciousness	Very polite in a way that shows respect	Dignity, Tact	Disrespect, Rudeness
Gratitude	A feeling of appreciation or thanks	Hope, Joy, Peace	Disappointment, Pain
Harmonious	Having parts that are related or combined in a pleasing way	Unity	Hostility
Helpfulness	Making it easier to do a job, deal with a problem, etc.; giving help	Graciousness, Service	Negativity
Honesty	The quality of being fair and truthful	Integrity, Truthfulness	Deceitfulness
Honor	Respect that is given to someone who is admired	Dignity, Respect	Shame
Hope	To want something to happen or be true and think that it could happen or be true	Faith, Joy, Trust	Despair, Frustration
Humility	The quality or state of not thinking you are better than other people	Modesty	Arrogance, Pride
Idealism	The attitude of a person who believes that it is possible to live according to very high standards of behavior and honesty	Confidence, Hope	Cynicism, Pessimism
Integrity	The quality of being honest and fair	Honesty, Trust	Corruption, Deceitfulness
Imaginative	Having or showing an ability to think of new and interesting ideas; having or showing imagination	Creativity	Ordinary, Rationalism
Joyfulness	Feeling, causing, or showing great happiness; full of joy	Hope, Peace, Love	Discontent, Suffering
Justice	The process or result of using laws to	Fairness,	Discrimination

	fairly judge and punish crimes and criminals	Integrity	
Kindness	The quality or state of being kind; a kind act	Caring, Compassionate	Cruelty, Loneliness
Love	A feeling of strong or constant affection for a person	Caring, Forgiveness, Unity	Fear
Loyalty	The quality or state of being loyal	Honesty, Trust	Betrayal
Moderation	The quality or state of being reasonable and avoiding behavior, speech, etc., that is extreme or that goes beyond what is normal or acceptable	Diligence, Responsibility	Obsessions, Overindulgence
Modesty	The quality of not being too proud or confident about yourself or your abilities	Humility	Self-importance
Optimistic	Having or showing hope for the future; expecting good things to happen	Hope, Joyfulness	Pessimism
Orderliness	Arranged or organized in a logical or regular way	Cleanliness, Purity	Chaos
Passionate	Having, showing, or expressing strong emotions or beliefs	Enthusiasm, Purposefulness	Indifference
Patience	The ability to wait for a long time without becoming annoyed or upset	Determination, Peace	Frustration
Peace	A state of tranquility or quiet	Love, Serenity, Unity	Anger, Cruelty
Perseverance	Continued effort to do or achieve something despite difficulties, failure, or opposition	Commitment, Determination, Resilience	Laziness
Preparedness	The quality or state of being prepared	Excellence, Orderliness	Complacency
Purposefulness	Having a purpose as in something set up as an object or end to be attained	Creativity, Commitment,	Boredom, Indifference

		Joyfulness	
Reliability	The quality or state of being reliable	Integrity, Loyalty	Untrustworthiness
Respect	An act of giving particular attention	Dignity, Reverence	Inconsideration
Responsibility	The quality or state of being responsible as in moral, legal, or mental accountability	Courtesy, Tact, Trust	Selfishness
Reverence	Honor or respect that is felt for or shown to (someone or something)	Respect, Worth	Hatred
Self-discipline	Correction or regulation of oneself for the sake of improvement	Commitment, Determination	Chaos, Unruliness
Service	Contribution to the welfare of others	Compassion, Generosity, Purposefulness	Lack of concern, Self-centeredness
Sincerity	The quality or state of being sincere; honesty of mind	Authentic	Disingenuousness
Tact	A keen sense of what to do or say in order to maintain good relations with others or avoid offense	Graciousness, Responsibility	Clumsiness
Temperate	Habitual moderation in the indulgence of the appetites or passions	Moderation	Excessiveness
Tenacious	Persistent in maintaining, adhering to, or seeking something valued or desired	Discipline, Perseverance	Indecision
Thankfulness	Conscious of benefit received	Gratitude, Thoughtfulness	Unappreciative
Tolerance	Capacity to endure pain or hardship; sympathy or indulgence for beliefs or practices differing from or conflicting with one's own	Patience, Tenacious	Narrow-mindedness
Trust	Assured reliance on the character, ability, strength, or truth of someone or something	Loyalty, Respect	Doubt, Skepticism

Truthfulness	Telling or disposed to tell the truth	Honesty, Faith, Trust	Corruption, Deceit
Understanding	An agreement of opinion or feeling; adjustment of differences	Kindness, Tolerance	Egoism
Unity	The quality or state of being made one	Harmony, Love, Peace	Loneliness
Visionary	A thought, concept, or object formed by the imagination	Imagination, Leadership	Lack of Inspiration
Wisdom	Accumulated philosophic or scientific learning; knowledge	Idealism, Visionary	Lack of Intelligence
Wonder	A feeling caused by seeing something that is very surprising, beautiful, amazing, etc.	Creativity, Imagination	Boredom