

- Source: <https://www.amazon.com/Negative-Trait-Thesaurus-Writers-Character-ebook/dp/B00FVZDZ6K>
- OBI-WAN KENOBI: A BREAKDOWN of Flaws / Unhelpful Attributes:
- Controlling—inclined to exercise a restraining or directing influence over others
  - Why:
    - Growing up in environment where had no control
    - Caregiver with unrealistic expectations
    - Fear of failure
    - Need for structure and predictability
  - Behavior:
    - Drive to succeed
    - Difficulty delegating
    - Micromanage
    - Defensiveness
    - Highly responsible
    - Possessiveness (personal relationships)
    - Backhanded compliments
    - Demanding respect
    - Noticing flaws rather than assets
    - Making suggestions that are really demands
  - Emotions:
    - Annoyance, confidence, determination, disappointment, frustration, impatience, smugness
- Cynical—having a disdainful mistrust of others and their motives
  - Why:
    - Past betrayal
    - History of being shot down despite putting forth one's best efforts
    - Disillusionment
    - Fear of being hurt or disappointed
    - Growing up in an environment of cynicism and defeat (politically)
  - Behavior:
    - Expecting a negative outcome
    - Employing sarcasm
    - Experiencing genuine surprise when things work out nicely
    - Disdaining anyone gullible enough to be duped
    - Assuming that most people and organizations are looking to take advantage of others
    - Not showing surprise at the atrocities happening in the world
    - Expecting people to break their promises
    - Assuming anyone in power is corrupt
    - Asking pointed questions in an effort to discover the 'catch'
  - Emotions:
    - anxiety, contempt, doubt, frustration, skepticism, suspicion, wariness
- Fussy—needing or applying too much attention to detail
  - Why:
    - Growing up in an environment that lacked order
    - Control issues
    - A strict military or religious background
  - Behavior:
    - Expressing disdain for the free-spirited and those who fly by the seat of their pants
    - Seeing disorder as a flaw
    - Heightened stress when things are out of order
    - Keeping a neat appearance

- Having fastidious manners
    - Criticizing others; 'helping' them improve by pointing out flaws
    - Inability to relax when one is in charge
    - Pressuring others to behave ideally
    - Having a results-oriented focus
    - Hovering and being overly attentive to make sure everyone's needs are met
    - Nosiness and suspicion
    - Expressing disappointment when others don't get the details right
  - Emotions:
    - agitation, anxiety, contempt, determination, frustration, satisfaction
- Inhibited—suppressing desires, impulses, and feelings
  - aka constrained, restrained, repressed
  - Why:
    - Difficult or painful past
    - Being punished as a child for expressing certain desires or emotions
    - Growing up with repressed, emotionless parents
    - Feeling imperfect or unworthy
    - Caregivers who gave preferential treatment of one sibling over another
  - Behavior:
    - Trying to force a state of emotional numbness
    - Self-loathing
    - Frustration at feeling something but unable to show or act on it
    - Pulling away from people
    - Difficulty in becoming intimate with others
    - Being unable to show vulnerability to others
    - Explosive reactions when emotions can no longer be contained
    - Being unable to cry even when one wants to
    - Acting overly 'proper,' in an effort to control one's emotions
    - Wearing drab clothing in an effort to avoid attention
    - Worrying about losing control, and that it will lead to humiliation and shame
    - Refusing to defend oneself from attack or hurt
    - Wanting to speak up but being unable
    - Recklessness
    - Disregard for one's safety
  - Emotions: anger, depression, dread, frustration
- Insecure—lacking confidence and surety
  - Why:
    - Growing up with overly critical parents or guardians
    - Being surrounded by people who excel in areas where one is lacking
    - Believing that one is not accepted or liked by others
    - Fear of rejection
    - Unrealistically perfect ideal of the self
  - Behavior:
    - Overcompensating for insecurities by focusing on other areas
    - Having unrealistic personal expectations (believing that one should excel with everything, etc.)
    - Blaming oneself when bad things happen
    - Having low self-esteem, self-doubting
    - Worrying about offending or letting others down
  - Emotions:

- anguish, anxiety, depression, doubt, fear, jealousy, loneliness, shame, uncertainty, worry
  - Mischievous—maliciously or impishly troublesome
    - Why:
      - Liking to push people's buttons
      - Playful nature
      - Curiosity; wanting to see how far one can go without being caught
      - High intelligence
      - Boredom
    - Behavior:
      - Easy laughter
      - Being charismatic
      - Having strong problem-solving skills
      - Vindictiveness
      - Making jokes at the expense of others
      - Impatience
      - Using trickiness to get back at others for perceived wrongs
    - Emotions:
      - amusement, anticipation, confidence, curiosity, eagerness, smugness
  - Nagging—continually scolding and verbally prodding others in an unwelcome fashion
    - Why:
      - Highly devout
      - Believing that it's one's job to guide and correct others for their own good
      - Lack of trust
      - Control issues
    - Behavior:
      - Continually checking up on others to monitor their progress
      - Watching for signs that others are not dedicated to their duties
      - Being hyper aware while watching a student or protégé
      - Using uptight body language (arms crossed, stiff posture, tense muscles)
      - Infrequent smiles
      - Asking questions that contain reminders
      - Expressing anger and frustration when others don't immediately comply
      - Giving criticism and instruction rather than encouragement
      - Having high expectations and standards
      - Speaking rapidly, in a stiff tone
      - Worrying about the future
      - Voicing anger or frustration
      - Being highly organized and focused
      - Bringing up past failures
      - Repeating instructions or warnings
      - Judging others with eye for detail
      - Reminding people of what they're supposed to do
      - Relentlessly badgering others until the desired outcome is produced
      - Strong persistence and dedication
    - Emotions:
      - anger, disappointment, frustration, irritation
  - Workaholic—someone who works compulsively, sacrificing other interests and responsibilities
    - Why:
      - Believing one's value is based on productivity or success
      - Needing to be the best; wanting to prove oneself

- Being raised by caregivers with unrealistic expectations
    - Unresolved conflict from one's past; working to avoid dealing with negative memories
    - Being forced at an early age into a caregiver's role
  - Behavior:
    - Valuing work over other pursuits in one's life
    - Thinking excessively about work
    - Experiencing short-lived satisfaction at reaching milestones
    - Feeling like there's always more to do, that one can never catch up
    - Difficulty relaxing
    - Micromanaging others; having difficulty delegating
    - Expressing annoyance when one's work is interrupted
    - Demanding that others live up to one's high work standards
    - Becoming defensive when one is accused of working too much
    - Working at home, during meals, and on vacations
    - Working late into the night
    - Looking ahead; planning for (or worrying about) the future
    - Feeling overburdened with responsibility
    - Being intensely loyal to one's employer or employees
    - Inability to stop working until a certain project is finished or goals have been met
    - Repressing one's emotions
    - Ignoring one's health
  - Emotions:
    - Annoyance, anxiety, denial, desire, desperation, elation, frustration, insecurity, irritation, overwhelmed, satisfaction, worry
- Painful Emotions that Flaws Protect From Feeling:
  - Agitation, Anger, Anguish, Annoyance, Anxiety, Confusion, Defeat, **Defensiveness**, Denial, Depression, Desperation, **Determination**, Disappointment, Disbelief, Doubt, Dread, Embarrassment, Envy, Fear, **Frustration**, **Guilt**, **Hatred**, Humiliation, Hurt, Impatience, **Insecurity**, Irritation, Jealousy, Loneliness, Nervousness, Overwhelmed, Regret, Reluctance, **Resentment**, Resignation, Sadness, Shame, Surprise/Shock, Uncertainty, Unease, Wariness, Worry
- Traumatic Life Event / Wound: events of the Phantom Menace
  - Qui-Gon's abandonment
    - Lie: I'm not qualified
    - Lie: If I show them who I really am, they'll reject me
  - Qui-Gon's death at the hands of the Sith
    - Lie: I couldn't keep Qui-Gon safe, so I can't be trusted to safeguard others
    - Lie: I'm not strong enough to keep others from taking what I have
  - Council does nothing
    - Lie: If I can defeat the Sith, they'll have to admit I was right
    - Lie: If I avenge my loved ones, I'll finally be at peace
  - Needs
    - Safety and Security
      - Protect self and Padawan
      - Protect Jedi from the Sith
      - Uphold Jedi Code
      - Restore peace to the galaxy
    - Esteem and Recognition
      - Prove the Jedi wrong about the return of the Sith
      - Prove the Jedi wrong about being valuable
      - Seeking retribution for Qui-Gon's death

- Exacting vengeance for Qui-Gon's death
      - Inner Motivation:
        - I need to protect and guide Anakin to be a warrior and diplomat as I am training as a warrior and diplomat in order to discover the Sith, prove the Council wrong, and defend the Jedi
        - The Republic and the Council are too willfully blind, I have to do this on my own
      - Pull to the dark side:
        - Fear
          - Failing Qui-Gon's dying wish
            - Anakin physically at risk
            - Anakin spiritually at risk
          - Failing avenging Qui-Gon
            - Sith remain hidden
        - Hatred
        - Pride
- ANAKIN SKYWALKER: A BREAKDOWN of Flaws / Unhelpful Attributes:
- Childish—marked by immaturity or a lack of experience
  - Why:
    - Lack of life experience
    - Desired to be babied or treated like a child
    - Past trauma that stymied emotional growth
  - Behavior:
    - Gullibility
    - Living life exuberantly
    - Impulsiveness
    - Difficulty prioritizing
    - Wanting to be coddled when in a bad mood
    - Petulance when one doesn't get one's way
    - Poor coping skills
    - Moodiness
    - Making demands
    - Seeking out instant gratification
    - Not showing interest in worldly topics and events
    - Self-centeredness
    - Overly trusting
    - Using slang to express oneself
    - Being frustrated by structure and rules
    - Becoming easily bored with routines
    - Needing variety for stimulation
    - Being spontaneous
    - Needing praise and positive reinforcement to feel good about oneself
  - Emotions:
    - Amusement, Curiosity, Eagerness, Excitement, Happiness
- Cocky—brazenly or rudely self-confident
  - Why:
    - Having an overly confident view of oneself
    - Desiring attention or popularity

- History of usually being right
    - Having realized frequent, competitive success
  - Behavior:
    - Peppering comments with sarcasm
    - Bragging
    - Vanity
    - Smirking and sneering
    - Excessive pride in one's accomplishments
    - Adopting an air of fearlessness
    - Sparring verbally, mouthing off
    - Participating in activities that affirm one's prowess (sports, debates)
    - Pointing out the inferiority of others
    - Dismissing those who one views as inferior
    - Expressing anger when one's ego takes a hit
    - Showing off, boasting
    - Extreme competitiveness
    - Making excuses when things go badly
    - Become defensive when embarrassed
    - Flouting the rules
    - Agreeing to challenges without thinking things through
    - Disrespecting those in authority
    - Striving to improve in the area of one's giftedness
    - Challenging competitors to duels and competitions
    - Getting in over one's head and being unable to back down
    - Obsessing over one's image and what others think
    - Adrenaline rushes as putting someone in their place by winning
    - Exhibiting strong focus when reputation at stake
  - Emotions:
    - Confidence, contempt, determination, impatience, irritation, pride, scorn, smugness
- Confrontational—eager to challenge, argue, confront
  - Why:
    - Believing oneself to be right and everyone else to be wrong
    - Overconfidence
    - History of connecting unhealthily with others through conflict
    - Compulsive need to stand up to others or defend oneself
    - Feeling helpless or trapped
    - Depression or a sense of despair
    - Anger issues
  - Behavior:
    - Argumentativeness, verbal sparring
    - Deliberately making inflammatory statements
    - Extremely competitiveness
    - Moodiness
    - Paranoia
    - Intimidation
    - Hiding all one's vulnerabilities so others cannot use them against oneself
    - Not respecting the personal space of others
    - Inability to relate to people in a normal manner
    - Having strong opinions and wanting to share them
    - Getting an adrenaline rush after each confrontation

- Picking fights to distract or mask one's hurt or vulnerability
    - Bluntness; delivering truth as one sees it, without mercy
    - Jumping at chances to confront people on another's behalf
    - Trust issues
    - Acting aggressively, a willingness to get physical
  - Emotions:
    - Agitation, anger, confidence, contempt, desire, determination, eagerness, excitement, smugness, pride
- Defensive—marked by need to defy aggression or attack
  - Why:
    - History of being falsely accused
    - Bitterness
    - Having a secret one wants to hide
    - Frequently being in the wrong and needing to prove oneself
  - Behavior:
    - Jumping to conclusions
    - Always having a reason to explain behavior
    - Easily angered over little things
    - Aggression
    - Indignation: *I would never do something like that! How could you even think it?*
    - Bringing up the past to support one's position or cast doubt on others involved
    - Reacting with anger if feeling threatened
    - An aversion to admitting wrongdoing; being a right-fighter
    - Highly alert; strong self-preservation skills
    - Reading into what people say and do
    - Having thin skin; an inability to take criticism
    - Becoming fidgety when feeling threatened (shifting, pacing, making excuses to leave, etc)
    - Raising one's voice; talking or shouting over others
    - Reacting to even a light rebuke with rudeness and sarcasm
    - Becoming offended over the smallest thing
    - Taking everything personally
    - Bristling when others make suggestions to improve
  - Emotions:
    - Anger, denial, depression, disappointment, frustration, hurt, rage, resentment, suspicion, wariness
- Gullible—easily misled or duped
  - Why:
    - Lack of worldly experience
    - Living in denial; an unwillingness to see corruption and falsehood
    - Immaturity
  - Behavior
    - Showing a lack of discernment; not being able to read people
    - Being easily swayed
    - Hearing what one wants to hear
    - Allowing others to make decisions and trusting that they will make the right ones
    - Assuming that others are more intelligent or worldly than oneself
  - Emotions:
    - Amazement, confusion, eagerness, happiness, hopefulness, satisfaction
- Impulsive—acting on desires, whims, or inclination without forethought
  - Why:

- Living in an environment that encourages taking risks
    - A desire to live in the moment and without boundaries
    - Growing up in a home with rigid rules and expectations
    - Selfishness
    - Irresponsibility
  - Behavior:
    - Acting in response to one's emotions
    - Acting without thought for the consequences
    - Seeing something one wants and immediately going after it
    - Spontaneity; not planning
    - Chafing under too many rules or restrictions
    - Acting first, then expressing regret or remorse in aftermath
    - Excitability, impatience
    - Saying the first thing that comes to mind
    - Being easily distracted
    - Unpredictability and irresponsibility
    - Having a hard time staying still or focusing on quiet tasks
    - Exhibiting frustration and hurt feelings if one's actions are met with anger
    - Being easily bored
    - Fearlessness
    - Acting on intuition
    - Trusting people too quickly
  - Emotions:
    - Curiosity, desire, eagerness, elation, excitement, impatience, frustration, regret
- Needy—emotionally fragile; requiring constant attention and support
  - Why:
    - Needing human connection
    - Fear of rejection or abandonment
    - Codependency
    - Overprotective caregivers
    - Need for constant reassurance, low self-worth
    - Deep insecurity
    - Loneliness
    - Traumatizing past event
    - Immaturity
  - Behavior:
    - Sharing worries and fears with others in an effort to lessen the burden
    - Seeking frequent reassurance
    - Feeling overwhelmed if the subject of one's clinginess isn't around
    - Exhibiting unhealthy levels of trust for one's loved ones
    - Feeling abandoned when others aren't around
    - Talking often about one's own problems and circumstances
    - Desiring one's relationships to be stronger and more intimate
    - Smothering others; draining their energy with one's neediness
    - Wanting to spend every minute with the person who makes one feel complete
    - Wanting to be taken care of and loved
  - Emotions:
    - Anxiety, disappointment, doubt, fear, nervousness, worry
- Possessive—needing to own a thing or dominate a subject



- Why:
  - Need to control
  - Codependence
  - Jealousy
  - Paranoia
  - Low self-esteem
  - Fear of being alone
- Behavior:
  - Selfishness
  - Obsessive behavior regarding a person or thing
  - Having high expectations of others
  - Showing negativity towards those who wish to interact with one's possession
  - Unreasonable protectiveness
  - Showing undue concern and attentiveness for the subject
  - Needing to know where the person is and what they are doing at all times
  - Checking up on the person
  - Showing strong affection for the loved one
  - Acting unreasonably and demanding compliance
  - Irrational suspicion and jealousy
- Emotion:
  - Annoyance, desire, fear, jealousy, love, suspicion, uncertainty
- Subservient—extremely compliant and obedient
  - Why:
    - History of codependence
    - Desperate need for acceptance, love, or inclusion
    - Lack of self-esteem; believing that worth is gained solely by serving others
    - Gratitude
    - Fear of losing the favor of others
    - Believing that one is incapable of succeeding on one's own
    - Desiring to make up for a perceived failure in the past
    - Sexual masochism
  - Behavior:
    - Following orders without question
    - Not thinking for oneself
    - Never disagreeing with those in charge
    - Adopting the opinions of the person being served
    - Living in fear of doing something wrong or upsetting those in charge
    - Blind loyalty
    - Difficulty making independent decisions
    - Striving to meet unrealistic expectations
    - Neediness
    - Jumping to the defense of the person in charge
    - Unhealthy attachment to others
    - Being highly observant
    - Growing upset if too much time has passed without seeing the person one is committed to serve
    - Being eager to please
  - Emotions:
    - Anxiety, denial, guilt, insecurity, uncertainty, unease
- Tactless—lacking tact

- Why:
  - Self-centeredness
  - Taking pride speaking one's mind
  - Having a high regard for candor and honesty
  - Immaturity
  - Impulsivity
  - Lack of concern for what others may think
- Behavior:
  - Interrupting others
  - Speaking the whole truth regardless of audience
  - Giving one's opinions straight and unfiltered
  - Not picking up on social cues
  - Frequent complaining
  - Becoming frustrated when inconvenienced
- Emotions:
  - Contempt, determination, indifference, satisfaction, surprise
- Violent—using physical force to intimidate, abuse, or cause injury
  - Why:
    - Growing up in an abusive environment
    - Being abused or tortured in the past
    - Desperation caused by poverty or poor living conditions
    - Lack of empathy
  - Behavior:
    - Quick and savage temper
    - Exacting revenge
    - Punching holes in walls
    - 
    - Breaking personal objects
    - Getting into fights
    - Fascination with weapons
    - Using intimidation to get what one wants
    - Tense body posture
    - Acting without restraint or common sense
    - Thoughts that blank when one's rage kicks in
    - Allowing one's animalistic nature to take over
    - Focusing only on the present without thinking of future repercussions
    - Being unable to let go of past slights
    - Excessive pride
    - Using one's strength and power to prove one's dominance over others
  - Emotions:
    - Determination, eagerness, excitement, rage
- Volatile—quick to react; having an explosive temper that may grow violent
  - Why:
    - Insomnia or insufficient sleep
    - Prolonged stress
    - Trauma
    - Feeling of powerlessness
    - Lengthy exposure to violence
  - Behavior:
    - Shouting and yelling

- Calm to explosive in a matter of seconds
    - Slapping someone's hand away
    - Being set off by the slightest thing
    - Extreme mood swings
    - Unpredictability
    - Reacting inappropriately and immediately regretting it
    - Throwing things
    - Refusing to talk
    - Reading into things
    - Bringing up the past, holding grudges
    - Feel strongly about what they see, hear and touch and have intense feelings for the people they're with
  - Emotions:
    - Anger, frustration, guilt, rage, scorn
- Weak-Willed—gutless, easily influenced
  - Why:
    - Lack of self-confidence / poor self-esteem
    - Fear of rejection, confrontation, letting others down
    - Naiveté
    - Guilt
    - Desiring approval, acceptance, love, admiration, affection
    - Lack of education, experience or training
  - Behavior:
    - Asking what someone else thinks
    - Sticking close to an influencer
    - Seeking approval
    - Blindly following orders
    - Making bad decisions
    - Doing what one is told, even if it's something undesirable
  - Emotions:
    - Confusion, doubt, fear, nervousness, reluctance, terror, worry
- Traumatic Life Event / Wound: events of the Phantom Menace
- Taken from slavery, mother left in bondage
  - Physiological:
    - Needs: Obtaining or securing food, water, shelter, warmth, sleep
    - Lies:
      - I don't deserve to be safe.
      - I haven't earned the right to be comfortable and secure.
  - Safety and Security:
    - Needs:
      - Living a life characterized by order
      - Upholding laws, rules, or limits
      - Seeking stability, valuing structure
      - Pursuing security, protection for loved ones
      - Pursuing education in an effort to escape bad living situation
      - Becoming free
    - Lies:
      - I'm above the law.
      - Structure is confining and stifling. I can't live that way.
      - The rules don't apply to me.

- I'm not worthy of Obi-Wan's protection.
- I'm not strong enough to keep others from taking what I have.
- I can't keep Obi-Wan safe.
- Love and Belonging:
  - Needs:
    - Gaining someone's affection
    - Being accepted by others
    - Building deep relationships with others
    - Experiencing sexual intimacy
    - Belonging to / Fitting in
    - Expressing one's feelings
  - Lies:
    - They're never going to accept me.
    - I don't want or need their acceptance.
    - If I show them who I really am, they'll reject me.
- Esteem and Recognition:
  - Needs:
  - Lies:
    - I'm not worth the trouble.
    - They'll always see me as second-rate.
    - I don't care what they think.
    - If I can achieve X, then they'll have to admit how good I am.
    - I'm better than them.
    - I'm not strong enough to do this on my own.