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CHARACTER CAPACITIES OF THE HIGHER SELF

Adapted from *The Act of Will* (R. Assagioli) &
Unconditional Love and Forgiveness (E. Stauffer)

Acceptance	Cooperation	Forthrightness	Integrity	Proactive
Acknowledgement	Comprehension	Friendliness	Joyful	Pro-social
Adventuresome	Concentration	Generosity	Kindness	Promptness
Appreciation	Creativity	Good Will	Liberation	Quiet
Attention	Decisiveness	Grace/Gracious	Lightness	Reliable
Balance	Democratic	Gratitude	Listening	Response-able
Beauty	Detachment	Harmony	Magnanimous	Responsible
Boldness	Determination	Healing	Mastery	Reflective
Brotherhood	Discernment	Honoring	Open	Renewing
Bliss	Discipline	Hope	Loving	Resilient
Calm/Centered	Empathy	Humility	Participatory	Resolute
Collaboration	Empowered	Humor	Peacebuilding	Sagacity/sagacious
Comprehension	Empowering	Imaginative	Patience	Selfless
Contemplation	Endurance	Inclusive	Prioritizing	Serenity
Compassion	Enthusiasm	Initiative	Prudence	Sisterhood
Courage	Equity	Intentional	Persistence	Service
Commitment	Equanimity	Inspiring	Positive	Soulful
Context	Faith	Interconnected	Possibility	Strategic
Warm-hearted	Flexibility	Integrating	Powerful	Teamwork
Wonder	Focus	Strong-hearted	Whole-hearted	Trusting
Synthesizing	Foresight	Understanding	Unifying	Transforming
	Partnering	Watchful	Illuminating	Visionary
				Well-being
				Willing
				Unencumbered