

The Seven Deadly Sins & Their Death-Dealing Daughters

(St. Thomas Aquinas, with Reflections by Kevin Vost)

SLOTH	ENVY	AVARICE	VAINGLORY	GLUTTONY	LUST	WRATH
Malice	Hatred	Treachery	Disobedience	Unseemly joy	Blindness of mind	Quarreling
Spite	Tale-bearing	Fraud	Boastfulness	Scurrility	Thoughtlessness	Swelling of the mind
Faintheartedness	Detraction	Falsehood	Hypocrisy	Uncleanness	Inconstancy	Contumely
Despair	Joy at another's misfortune	Perjury	Contention	Loquaciousness	Rashness	Clamor
Sluggishness about the Commandments	Grief at another's prosperity	Restlessness	Obstinacy	Dullness of mind	Self-love	Indignation
Wandering of the mind after unlawful things		Violence	Discord		Hatred of God	Blasphemy
		Insensitivity to mercy	Eccentricity		Love of the world	
					Abhorrence or despair of a future world	

Reflections on Sloth:

- Are there ways that I become sluggish regarding the Commandments?
- Am I so apathetic about the things of God that I am easily enticed away from devotional practices and Christian virtue by petty or sinful diversions?
- Have I asked God for the courage and fortitude to do difficult things?
- Do I lose hope in the joy that God has in store for me and my loved ones?

Reflections on Envy:

- When I have heard of someone's success, have I gossiped to others, trying to highlight that person's faults?
- Have I been so brazen as to diminish that person's accomplishment to his/her face?
- Will my peer's sadness serve to make me happy?

Reflections on Avarice:

- Have I employed treachery, fraud, falsehood, perjury, or violence to obtain greater riches?
- Am I restless at never being satisfied and always wanting to possess more?
- Am I a workaholic?
- Do I give freely, or do I need to unclench my grip and "let my wallet breathe" in a way that might provide fresh air to others in need?

Reflections on Vainglory:

- Do I seek notice and praise from others? (Do I buy things to get attention?)
- Do I seek honor for positive traits that are not of my doing? (My height, color of my eyes, parentage/nationality)
- Have I sought to show my intellectual excellence/superiority over others through failing to yield to another a point that was well made but contrary to mine?
- Have I been unwilling to concede to others in matters contrary to what I will, even if deep down I know I have been wrong?
- Have I disobeyed leaders or laws because I believe I always know better?

Reflections on Gluttony:

- Do I simply eat too much?
- Do I wolf down my food? (Eat greedily?)
- Do I have a hard time waiting for the dinner bell?
- Am I able to keep the brief fasts between planned meals/snacks?
- Do I expect only fine foods at every meal – prepared to a particular liking?

Reflections on Lust:

- Do I thoughtlessly read or watch modern books/movies that glamorize/glorify sinful sexual behavior?
- Do I listen to popular songs that promote illicit sexuality and besmirch the potential beauty and goodness of human sexuality?
- If so, do I tell myself that I “ignore those bad parts and am not influenced by them”?
- If I have paid money for any of these products, have I considered how I have helped the producers create more of such products – potentially leading countless others toward sin?
- When I find myself entertaining lustful thoughts triggered by a person or an image I see (or by a memory), do I enjoy and embellish the thought, or do I seek to dismiss it?
- (Have I trained myself to see how such thoughts damage and dishonor the dignity of my state in life, whether single, married, widowed, or in the religious life?)
- Have I failed to fight the battles for self-control against gluttony or drunkenness that may fuel my tendencies toward lust?
- Have I dishonored my spouse by giving excessive attention to others of the opposite sex?
- Have I dishonored the single or religious state by similar thoughts or deeds?
- Have I rationalized sexual sins – substituting my own judgment for God’s?
- Have I *thanked* God for human sexuality, and shown gratitude and love for Him by seeking to purify my thoughts?

Reflections on Wrath:

- Have I allowed myself to become irritable, with a hair-triggered anger that goes off at the slightest inconvenience?
- (Have I cursed the driver who drove too slowly; the cabinet that got in the way of my head; or the bedpost that crashed into my toe?)
- Have allowed myself to nurse old wounds, keeping them locked in my chest, perhaps even relishing my slowly seething and simmering anger, making sure its coals stay lit until I am able to obtain revenge?
- Have I become so ill-tempered that I have not relented in my anger or apologized even after I have taken out some unjust action of revenge or punishment, perhaps even with a loved one?
- Have I *mentally* belittled the object of my anger?
- Have my calm and rational thoughts been overwhelmed by growing thoughts of revenge?
- Have my words been wrathful?
- Have I purposely insulted and reviled someone with hurtful words?
- Have I been so carried away with rage that even cursed God Himself?
- Have I engaged in actions like angrily provoking others, leading to hurtful acts, even violence?

If you would like to read more about this, please pick up a copy of:

The Seven Deadly Sins: A Thomistic Guide to Vanquishing Vice and Sin
by Kevin Vost, PSY.D.