

Handout #1 - "The Seven Deadly Sins"
(**"Self-Destructive Behaviors"**)

NOTE: Although Saint Thomas of Aquinas is usually given credit for these ideas, much of what he perceived originally came from the Greeks. This information is a revised and easy-to-understand version of what would otherwise be thought too complex to study in high school. A "sin" in the context of Thomas of Aquinas, can be defined as "something human beings do which causes them to be unreasonable and unhappy." Another way to define "sin" is "self-destructive behavior that one performs because he/she has never truly educated him/herself as to the passions which may drive and control him/her".

These are "The Seven Deadly Sins."

1. ANGER

You become angry at someone or something to the point that you lose control over your actions and words.

2. SLOTH

You do something, but you only do it haphazardly -- only enough to get it done. Instead of giving life [people, yourself] your best, you give life less than your best.

3. GREED/AVARICE

You let material items control your sense of contentment. You want more and more things and are never satisfied.

4. LUST

You have a strong sexual attraction towards a person. You can't get him/her out of your mind. (You are "miserable" because you don't have "him" or "her" and this lustful feeling does not change the reality that you do not have him/her.)

5. ENVY

You wish you were someone else because of the qualities and/or possessions a person has. You betray yourself -- in a sense play Judas to yourself. Instead of honoring what you do have, you dishonor the gift of life you were given by being dissatisfied with it.

6. GLUTTONY

Instead of being satisfied with what you have, you want more, more, more. The chief error about Gluttony is to think it only pertains to food. Some people can't have enough toys, television, entertainment, sex, or company. It is about an excess of anything.

7. PRIDE

You think you already "know it all" and "have it all". "Pride" is a "sin" when it is in excess because it prevents you from growing and evolving, and from accepting yourself and others fairly and realistically.

Characters Who Model The Seven Behaviors

Handout #3

Name seven characters from the works of literature or movies who illustrate people who allowed one or more of these areas of "sin"/self-destructive behavior in their lives. Identify the "sin" and its effect on this character.

Name of Character	From Which Piece of Literature or Movie?	His/Her Sin	The Effect of the "Sin" on His/Her Life
1.	Lust		
2.	Anger		
3.	Envy		
4.	Greed/Avarice		
5.	Gluttony		
6.	Sloth		
7.	Pride		