

108 Defilements

1. **Abuse** – of substance or person or animal
2. **Aggression** – the action of attacking without provocation
3. **Anger** – a very strong feeling of displeasure or outrage at something or someone
4. **Arrogance** – exaggerated experience of one's own importance
5. **Baseness** – lack of moral principles
6. **Belittlement** – to make someone feel less important than yourself
7. **Blasphemy** – speaking badly about sacred or religious things
8. **Calculating** – to be calculating in one's actions towards another.
9. **Callousness** – insensitive and cruel towards others
10. **Capriciousness** – impulsive and unpredictable
11. **Censoriousness** – to find wrongs in everything
12. **Coercion** – the practice of persuading someone to do something by using force or threats
13. **Conceit** – excessive pride in oneself
14. **Contempt** – a disregarding of something or someone
15. **Cowardice** – a lack of bravery
16. **Cruelty** – behavior that cause physics or mental harm to others animal or human
17. **Cursing** – to cause offence usually associated with anger
18. **Deception** – to mislead or misguide someone
19. **Delusion** – maintaining belief in something despite that of rational argument and proof
20. **Denial** – the refusal of the truth
21. **Derision** – ridicule or mockery
22. **Desire** – strong feeling of wanting or wishing
23. **Deviousness** – to be deceitful and underhanded
24. **Dipsomania** – interment bouts of alcoholism
25. **Discontent** – dissatisfaction with one's circumstances
26. **Discord** – lack of harmony with others
27. **Disrespectful** – showing a lack of courtesy to others and possessions
28. **Dissatisfaction** – the lack of satisfaction
29. **Dogmatism** – the tendency to lay down principles as truth, without evidence or opinions of others.
30. **Effrontery** – impertinent behavior
31. **Egotism** – excessively conceited or absorbed in oneself
32. **Envy** – a feeling of discontented or resentful longing aroused by someone else's possessions, qualities, or luck
33. **Excessiveness** – going beyond what is necessary or needed
34. **Faithlessness** – betrayal or disloyalty of moral or religious principles
35. **Falseness** – the quality of not be open and truthful
36. **Fame** – a state of being known and admired by many
37. **Gambling** – the act of risking for a greater reward
38. **Garrulity** – excessive talkativeness

39. **Gluttony** – overindulgence, excess of food, luxury or wealth
40. **Greed** – greed of money, possessions
41. **Grudgingly** – in a reluctant or resentful manner
42. **Hard heartedly** – lacking in sympathy or compassion
43. **Hatred** – an intense dislike
44. **Haughtiness** – arrogantly superior
45. **Headiness** – intoxication or inhibiting of the senses
46. **High handedness** – showing no sign of regard to the rights of others
47. **Hostility** – unfriendly or opposing tactics
48. **Humiliation** – to shame and humiliate others.
49. **Hurtfulness** – to cause pain or injury especially psychological
50. **Hypocrisy** – the claiming of higher standards than upholding
51. **Ignorance** – lack of knowledge or information
52. **Imperiousness** – domineering in a haughty manner, dictatorial and overbearing
53. **Imposture** – pretending to be someone or something other than yourself
54. **Inattentiveness** – without paying attention or particular notice
55. **Indifference** – lack of interest concern or sympathy
56. **Ingratitude** – a disagreeable lack of thanks
57. **Insidiousness** – intending entrapment of harmful rumours or misinformation
58. **Instability** – tendencies towards unpredictable behavior
59. **Intolerance** – unwillingness to accept views, beliefs, or behavior that differ from one's own
60. **Impudence** – being rude and disrespectful
61. **Impulsive** – actions done suddenly and without forethought
62. **Irresponsibility** – lack of a proper sense of care or responsibility
63. **Jealousy** – of others
64. **Lechery** – is unrestrained indulgence in sexual activity
65. **Lying** – to oneself or others
66. **Lust** – lust for the flesh, money, fame
67. **Manipulation** – to manipulate one's dealings with others
68. **Masochism** – to derive sexual gratification from one's own pain or humiliation
69. **Melancholy** – a feeling of pensive sadness, typically with no obvious cause
70. **Mendacity** – untruthfulness
71. **Mercilessness** – having or showing no mercy, pity
72. **Negativity** – criticism or pessimism over something
73. **Obsession** – the continual preoccupation of idea or thought
74. **Obstinacy** – a stubbornness within one's mind
75. **Oppression** – prolonged cruel or unjust treatment or exercise of authority
76. **Ostentatiousness** – pretentious show in an attempt to impress others
77. **Pessimism** – a tendency to see the worst aspect of things
78. **Power** – the ability to direct or influence the behavior of others and their actions.
79. **Prejudice** – preconceived opinion not based on experience or reason
80. **Presumption** – arrogant and disrespectful to the limits of what is permitted appropriate

81. **Pretense** – to make something that is not the case appear true
82. **Pride** – satisfaction in one's own achievement and successes
83. **Prodigality** – excessive or wasteful spending
84. **Quarrelsomeness** – the continuous argument of everything
85. **Rage** – uncontrollable violent anger
86. **Rapacity** – aggressive greed
87. **Ridicule** – to subject someone to contemptuous language or behavior
88. **Sadism** – inflicting pain and suffering on oneself or others
89. **Sarcasm** – the use of irony to mock
90. **Seduction** – temptation in attractiveness by means of a lesser form of manipulation
91. **Sexual Misconduct** – with oneself and others partners our spouses
92. **Shamelessness** – behavior marked by a bold defiance of the lack of shame
93. **Showoff** – to boastfully display one's abilities
94. **Spitefulness** – desire to inflict injury or harm someone either physical or mental
95. **Stinginess** – unwilling to share with others
96. **Stubbornness** – sticking to one's views, attitude or position on something or someone
97. **Terrorize** – to inflict mental or physical pain to animal or person
98. **Torment** – a continuation of something that causes suffering mentally
99. **Tyranny** – cruel and oppressive rule or control
100. **Uncomprehending** – the inability to grasp something even after logically argument
101. **Uncompromising** – unwillingness to make concessions for others
102. **Unfriendliness** – a state of being hostile towards others
103. **Unyieldingness** – inflexible in one's views or opinions
104. **Vanity** – excessive pride in one's appearance or achievements
105. **Vindictiveness** – to hold strong feelings of revenge towards someone
106. **Violence** – to cause or inflict violence of any form.
107. **Voluptuousness** – being lush and abundant to the pleasure senses
108. **Wrathful** – characterized by excess rage or anger

Source: <https://4enlightenment.com/2019/11/15/108-defilements-or-poisons-of-the-mind/>