

Ten Non-Virtuous Actions	
<i>Actions of Body</i>	
Killing	Intending to take another person's life Hatred – often a motivation in killing
Stealing	Intention of taking what is not given Desire – generally a motivation in stealing
Sexual misconduct	Any intentional irresponsible use of sexuality Examples: rape, adultery, promiscuity, sexual addiction
<i>Actions of Speech</i>	
Lying	Misleading others by saying something that is not true Purposely intending to misinform or deceive others
Divisive speech	Intending to break up a friendship between people Wanting to prevent reconciliation between people
Harsh words	Desiring to hurt someone else's feelings Intention to belittle, embarrass, or upset someone
Idle gossip	Includes all types of frivolous speech Chattering about things of no consequence
<i>Actions of Mind</i>	
Craving	Desiring to possess what one doesn't have A discontented, dissatisfied state of mind
Aversion	Taking delight in the misfortune of others Actively wanting others to suffer
Delusion	Actively denying the reality of things that are true Example: Denying the karmic law of cause and effect
Source: Adapted from Jonathan Landaw, Stephan Bodian, and Gudrun Bühnemann, <i>Buddhism for Dummies</i> , 2d ed. (Hoboken, New Jersey: John Wiley & Sons, 2011), 237-244.	