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| **Ten Non-Virtuous Actions** | |
| ***Actions of Body*** | |
| 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 |
| ***Actions of Speech*** | |
| 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 |
| ***Actions of Mind*** | |
| 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, *Buddhism for Dummies*, 2d ed. (Hoboken, New Jersey: John Wiley & Sons, 2011), 237-244. | |