



Traits of Specialness vs. Qualities of Holiness

TRAITS OF SPECIALNESS

- self-serving interests
- abandoning self for another's interests
- falling in love or sexual lust
- exclusivity, jealousy
- conditional gift giving
- people-pleasing, sacrifice
- body-focused
- pride, need to be right
- concern, worry or sympathy
- colluding, withholding
- separate self-seeking agenda
- self-gratification or neediness
- impatience
- false humility
- co-dependent behavior
- habituated
- possession/control, keeping score
- rivalry or competition, superiority
- fault-finding, accusing or guilt-tripping
- victimhood, defending
- dishonesty or distrusting
- ungrateful
- love for status or position
- love for money, security or safety
- love for fame, love for possessions
- turning our light down to not threaten another
- taking things personally

QUALITIES OF HOLINESS

- transcending self-interests
- sharing in one truly common purpose committed to see each other & self as sinless
- inclusivity
- shared guiltlessness
- commitment to unlearn body identification genuine emotional intimacy
- emotional transparency
- authentic bonding
- shared reverence
- shared grace, shared gratitude
- sacred communion
- interdependence
- empathy
- radical self-honesty
- unequivocal self-accountability
- willing to be wrong
- all-forgiving
- patience, harmony
- shared defenselessness
- unconditional communication
- trusting implicitly
- joint will & joint motivation
- joint experience
- spontaneous
- sincerely selfless
- genuine humility