

APPENDIX

48 HEALTHY Qualities and Their OPPOSITES

<i>Healthy Quality</i>	<i>Some Opposite, Unhealthy Qualities</i>
Agreeable	Disagreeable, incompatible, mean
Brave	Afraid, fearful, timid, cowardly
Careful	Inattentive, careless, negligent, unaware
Caring	Uncaring, aloof, unfeeling, unfriendly
Compassionate	Unsympathetic, cold, unkind, uninterested
Confident	Apprehensive, doubtful, indefinite, uncertain, arrogant
Consistent	Inconsistent, unsteady, erratic
Cooperative	Uncooperative, divided, stubborn, self-centered
Decisive	Indecisive, inconclusive, indefinite, argumentative
Determined	Undetermined, apathetic, weak, indifferent
Diligent	Uninterested, lazy, inactive, careless, inattentive
Discerning	Undiscerning, unaware, negligent, indiscriminating
Effort	Lazy, idle, passive, unteachable
Fair	Unfair, biased, dishonest, prejudiced

<i>Healthy Quality</i>	<i>Some Opposite, Unhealthy Qualities</i>
Faithful	Faithless, careless, disloyal, unreliable
Flexibility	Inflexible, resistant, closed, stubborn
Forgiving	Hard-hearted, indifferent, unfeeling, judgmental
Generous	Greedy, selfish, stingy, self-centered
Gentle	Harsh, cruel, unkind, aggressive
Grateful	Ungrateful, thankless, unappreciative, entitled
Helpful	Unhelpful, hindering, unconstructive, critical
Honest	Dishonest, deceptive, deceitful, biased, manipulative
Hopeful	Hopeless, apathetic, depressed, unenthusiastic, despairing
Hospitable	Cold, unsociable, unfriendly, uninterested
Humble	Prideful, conceited, pretentious, arrogant
Initiative	Apathetic, dependent, inactive, lethargic
Integrity	Dishonest, dishonorable, corrupt, fake, manipulative
Joyful	Depressed, gloomy, miserable, sorrowful
Kind	Unkind, inconsiderate, discourteous, thoughtless
Loving	Unloving, aloof, indifferent, antagonistic
Optimistic	Pessimistic, hopeless, dejected, depressed
Other-centered	Self-centered, selfish, proud, isolated
Patient	Impatient, agitated, intolerant
Peaceful	Disturbed, agitated, argumentative, critical
Persevering	Fickle, unsteadfast, lazy
Polite	Impolite, rude, discourteous, inconsiderate
Remorseful	Unrepentant, callous, unashamed, prideful
Resilient	Fragile, weak, perfectionistic, fearful
Resourceful	Uncreative, stuck, helpless, apathetic, inactive, unimaginative

<i>Healthy Quality</i>	<i>Some Opposite, Unhealthy Qualities</i>
Respectful	Disrespectful, inconsiderate, discourteous, rude, condescending
Responsible	Irresponsible, unaccountable, independent
Self-control	Impulsive, unaware, inconsistent
Self-efficacy	Self-centered, not contributing, not purposeful, ineffective
Self-respect	Self-hatred, dishonor, self-doubt, self-neglect
Sincere	Insincere, deceitful, counterfeit
Submissive	Disobedient, resistant, disagreeable, prideful
Teachable	Prideful, hard-headed, resistant, easily satisfied
Unselfish	Selfish, greedy, uncharitable, arrogant

NOTES

Chapter 1: What Is Character, and Why Does It Matter?

1. “Word History: The Characteristics of ‘Character.’” Merriam-Webster, <https://www.merriam-webster.com/words-at-play/word-history-of-character-origins>.
2. Lee Nienhuis, *Countercultural Parenting: Building Character in a World of Compromise* (Eugene, OR: Harvest House Publishers, 2000), 27–28.
3. Os Guinness and Virginia Mooney, *When No One Sees: The Importance of Character in an Age of Image* (Colorado Springs: NavPress, 2020), 15–16.
4. Read Matthew, Mark, Luke, and John in the New Testament to learn about Jesus’ life on earth.
5. As you read the Bible, look for consistency in the ways God interacts with different types of people, how and when His emotions are obvious, and what others say about Him. Also, studying His names will always help you understand His character.
6. 2 Timothy 2:15.
7. Matthew 28:18; John 1:12.
8. 1 John 1:9.
9. John 14:16–17.
10. 1 Thessalonians 2:4; 4:1; Matthew 22:36–38; 1 John 4:8; Isaiah 43:7; Psalm 86:12; 1 Corinthians 6:20; 1 Peter 4:16.
11. Matthew 6:9–13.
12. Jeremiah 17:9; Psalm 14:1–3; Mark 10:18; Romans 3:10–12; Ephesians 2:8–9.
13. I’m grateful to John Hannigan, our Executive Director, for helping me see the relevance of these three standards.
14. John 10:10.
15. Nienhuis, *Countercultural Parenting*, 39.

16. Isaiah 64:8; Psalm 139:13–14; Ephesians 2:10; and examples like Esther, Daniel, Moses, and Jeremiah.
17. Ephesians 2:10.

Chapter 2: How Do Children Develop Mature Character to Affect Culture?

1. Luke 2:52 NLT.
2. John 14:26; John 16:13–15; John 16:7–8; Acts 1:8; Romans 8:10–11; Romans 8:26–27; 1 Corinthians 3:16; 1 Corinthians 12:7–11; Galatians 5:16–25; Ephesians 1:13; and Ephesians 1:17–20.
3. Stephen Carter, *Integrity* (New York: Harper Perennial, 1996). Michael A. Zigarelli, *Cultivating Christian Character: How to Become the Person God Wants You to Be and How to Help Others Do the Same* (Colorado Springs: Purposeful Design, 2005).
4. Jonathan and Erica Catherman, *Raising Them Ready: Practical Ways to Prepare Your Kids for Life on Their Own* (Grand Rapids, MI: Revell, 2022), 55.
5. Kathy Koch, *Screens and Teens: Connecting with Our Kids in a Wireless World* (Chicago: Moody Publishers, 2015).
6. E. J. Dionne Jr., “Why the public interest matters now,” *Daedalus, the Journal of the American Academy of Arts & Sciences* 136, no. 4 (Fall 2007): 8.
7. John Stonestreet and Brett Kunkle, *A Practical Guide to Culture: Helping the Next Generation Navigate Today’s World* (Colorado Springs: David C. Cook, 2017), 27.
8. *Ibid.*, 28.
9. *Ibid.*, 36.
10. *Ibid.*, 32.
11. *Ibid.*, 31–32.
12. Koch, *Screens and Teens*, 172.
13. Matthew 6:9–13.

Chapter 3: How Are Character and Obedience Connected?

1. Os Guinness and Virginia Mooney, *When No One Sees: The Importance of Character in an Age of Image* (Colorado Springs: NavPress, 2000), 16.
2. See Stephen Carter, *Integrity* (New York: Harper Perennial, 1996), and Michael A. Zigarelli, *Cultivating Christian Character: How to Become the Person God Wants You to Be and How to Help Others Do the Same* (Colorado Springs: Purposeful Design, 2005).
3. This is especially true for the fruit of the Spirit. If joy and gratitude are present, it’s more likely that children will also demonstrate other “fruit” qualities. “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law” (Galatians 5:22–23). See Zigarelli, *Cultivating Christian Character*.
4. Zigarelli, *Cultivating Christian Character*, 23–24, 39–47.
5. *Ibid.*, 42.
6. *Ibid.*, 37.

Chapter 4: What Are Some Core Ways to Choose Qualities?

1. Kathy Koch, *Five to Thrive: How to Determine if Your Core Needs Are Being Met (and What to Do When They're Not)* (Chicago: Moody Publishers, 2020).
2. Kathy Koch, *8 Great Smarts: Discover and Nurture Your Child's Intelligences*, 28–33; *Resilient Kids: Raising Them to Embrace Life with Confidence*, 87–89; *Screens and Teens: Connecting with Our Kids in a Wireless World*, 15–30; *Start with the Heart: How to Motivate Your Kids to Be Compassionate, Responsible, and Brave (Even When You're Not Around)*, 89–109; Jill Savage and Kathy Koch, *No More Perfect Kids: Love Your Kids for Who They Are*, 91–94.
3. Lee Nienhuis, *Counter Cultural Parenting: Building Character in a World of Compromise* (Eugene, OR: Harvest House Publishers, 2020), 27–28.
4. *Five to Thrive* details how God meets these needs.
5. Koch, *8 Great Smarts*, 40.
6. Melissa Hannigan, *Inconvenient Parenting: Activate Your Child's God-Given Traits* (Chicago: Moody Publishers, 2023). You will love my colleague's book. Melissa will help you understand the benefits of playfulness and imagination, among other traits, that can make parenting challenging but life richer for children (and you)!
7. Email personal communication, March 19, 2023.
8. Koch, *Screens and Teens*.
9. We recommend Techless Wisephones because they come with only essential tools young people may need and they don't include games or access to the internet or social media: www.techless.com.

Chapter 5: What Biblical Truths Will Help You Choose Qualities?

1. John 17:17–19.
2. Many verses support these qualities. For example, 2 Thessalonians 3:3; James 5:11; Colossians 2:1–3; and Acts 13:38.
3. See Matthew 14:13–21 and Esther 4:5.
4. Jeffrey Kranz, “All the ‘One Another’ Commands in the NT [Infographic],” Overview Bible, March 9, 2014, <https://overviewbible.com/one-another-infographic/>. This post inspired me to think about categorizing the one-anothers.
5. “What Is a Worldview?,” Summit Ministries, <https://www.summit.org/worldview/>.
6. Jeff Myers, *The Secret Battle of Ideas about God: Answers to Life's Biggest Questions* (Colorado Springs: David C. Cook, 2018).
7. Check out *The Picture-Smart Bible*, a Bible overview we sell, in a junior version and a regular version. You read a summary script for each book that includes the main events, people, and places. You and your children color in the outlined drawings so you have a visual summary of each book. It's a wonderful worldview product because children will see why God includes each book in the Bible. The big-picture overview will help them think about their lives: <https://ckonlinestore.com/products/download-picture-smart-bible-starter-pack>.

8. There are many chronological Bibles available. My church uses this one because it's very readable. *The One Year Chronological Bible (New Living Translation)* (Carol Stream, IL: Tyndale House Publishers, 2015).
9. Kathy Koch, *Start with the Heart: How to Motivate Your Kids to Be Compassionate, Responsible, and Brave (Even When You're Not Around)* (Chicago: Moody Publishers, 2019), 118–21.

Chapter 6: What Foundational Beliefs Are Essential?

1. 1 Samuel 2:2; Psalm 89:13–14; Isaiah 28:16.
2. Kathy Koch, *Screens and Teens: Connecting with Our Kids in a Wireless World* (Chicago: Moody Publishers, 2015), 175–178. See also Jean Wilund, “What Is the Authority of Scripture, and How Can We Trust It?,” Bible Study Tools, August 5, 2022, <https://www.biblestudytools.com/bible-study/topical-studies/what-is-the-authority-of-scripture-and-how-can-we-trust-it.html>.
3. In addition to the verses I included in the chapter, you could read and reflect on these: Matthew 18:10; 21:15–16; Mark 5:37–43; 7:24–30; 9:33–37, 42; Luke 18:15–17; and John 4:46–54.
4. Park Row Christian Academy, Arlington, TX, July 13, 2007.
5. Kathy Koch, *Resilient Kids: Raising Them to Embrace Life with Confidence* (Chicago: Moody Publishers, 2022), 174–75. In this appendix, I list beliefs children must have about parents that are especially important if you want children to be resilient.
6. Genesis 2–3.
7. Informal “research” from April 4, 2023.
8. I've written about the change process in entire chapters in *Five to Thrive*, *Start with the Heart*, and *No More Perfect Kids* (written with Jill Savage).
9. I included some of these qualities in chapter 2 of *Start with the Heart*. I elaborate on some of these ideas there. Definitions are also paraphrased from dictionary.com and influenced by Michael Zigarelli's excellent book *Cultivating Christian Character*.
10. Michael A. Zigarelli, *Cultivating Christian Character: How to Become the Person God Wants You to Be and How to Help Others Do the Same* (Colorado Springs: Purposeful Design, 2005), 27.
11. Koch, *Resilient Kids*.

Chapter 7: What Strategies Can You Use for Teaching Character? (Part One)

1. I write about why I call these relational activities and not the typical Christian disciplines in the spiritual resiliency chapter in *Resilient Kids*. Other details about helping your children take them seriously may inspire you too.
2. My favorite resource for stories about missionaries and other Christian heroes, in book and audio form, is YWAM (ywampublishing.com). They have hundreds to choose from and are great for the family to read or listen to together.
3. 1 Corinthians 15:33.
4. Kathy Koch, *Five to Thrive: How to Determine if Your Core Needs Are Being Met (and What to Do When They're Not)* (Chicago: Moody Publishers, 2020). In the belonging

chapter, on pages 132–35, I share many details about four friendship skills: choosing friends wisely, conversation skills, maintaining relationships and resolving conflicts, and ending relationships when appropriate. On pages 136–138, I explain four friendship levels that can help children guard their hearts. All children benefit from these and they're especially important if your children are being led astray by peers.

5. Micah 7:19; Isaiah 38:17; Isaiah 43:25; Hebrews 8:12.
6. Daniel 1:8.
7. Esther 2:20.
8. Proverbs 18:21.
9. Kathy Koch, *Start with the Heart: How to Motivate Your Kids to Be Compassionate, Responsible, and Brave (Even When You're Not Around)* (Chicago: Moody Publishers, 2019). On pages 205–34, in chapter 9, I teach about complimenting and correcting well. I elaborate on these ideas and include many others that will help you encourage your children.
10. See Proverbs 15:32.
11. Koch, *Start with the Heart*. I fully share insights about natural and logical consequences on pages 149–56.

Chapter 8: What Strategies Can You Use for Teaching Character? (Part Two)

1. Kathy Koch, *Resilient Kids: Raising Them to Embrace Life with Confidence* (Chicago: Moody Publishers, 2022), 87–121.
2. Kathy Koch, *Five to Thrive: How to Determine if Your Core Needs Are Being Met (and What to Do When They're Not)* (Chicago: Moody Publishers, 2020), 177–81.
3. John 2:25; 10:14.
4. Luke 4:1–13; John 1:1.
5. John 17:4.
6. Matthew 16:5–12 is one example. Some people have asked why none of the disciples were at the tomb when Jesus came out. He had predicted His death and resurrection many times!
7. Kathy Koch, *8 Great Smarts: Discover and Nurture Your Child's Intelligences* (Chicago: Moody Publishers, 2016). See also Koch, *Start with the Heart: How to Motivate Your Kids to Be Compassionate, Responsible, and Brave (Even When You're Not Around)* (Chicago: Moody Publishers, 2019), 241–47 for concise definitions of each smart and a concise list of teaching suggestions for each.
8. Walter Barbe and Raymond H. Swassing, *Teaching Through Modality Strengths: Concepts and Practices* (Columbus: Zaner-Bloser, Inc., 1979). See also Koch, *Start with the Heart*, 237–39.
9. Tricia Goyer and Amy Parker, *The Grumbles: A Story about Gratitude* (New York: Running Press Kids, 2021).