

The Ten Nonvirtues

1. Killing
2. Stealing
3. Sexual misconduct
4. Lying
5. Harsh speech
6. Divisive speech
7. Idle talk
8. Covetousness
9. Harmful intent
10. Wrong views

Four Aspects of a Complete Action:

1. Basis/object
2. Attitude
 - a) Discernment
 - b) Affliction
 - c) Motivation
3. Performance
4. Completion