

10 Fetters

1. personality-belief ([sakkāya-ditthi](#))
2. sceptical doubt ([vicikicchā](#))
3. clinging to mere rules and ritual (sīlabbata-parāmāsa)
4. sensuous craving ([kāma-rāga](#))
5. ill-will (vyāpāda)
6. craving for fine-material existence (rūpa-rāga)
7. craving for immaterial existence (arūpa-rāga)
8. conceit ([māna](#))
9. restlessness ([uddhacca](#))
10. ignorance ([avijjā](#))

8 fetters as found in the Potaliya Sutta (first 3 are precepts)

1. destroying life (pāṇātipāto)
2. stealing (adinnādānaṃ)
3. false speech (musāvādo)
4. slandering (pisunā)
5. coveting and greed (giddhilobho)
6. aversion (nindāroso)
7. anger and malice (koddhūpāyāso)
8. conceit (atimāno)

The 5 precepts

1. "I undertake the training-rule to abstain from destroying life." ([Pali](#): Pāṇātipātā veramaṇī sikkhāpadaṃ samādiyāmi.)
2. "I undertake the training-rule to abstain from taking what is not given." ([Pali](#): Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi.)
3. "I undertake the training-rule to abstain from sexual misconduct" ([Pali](#): Kāmesumicchācāra veramaṇī sikkhāpadaṃ samādiyāmi.)
4. "I undertake the training-rule to abstain from false speech." ([Pali](#): Musāvādā veramaṇī sikkhāpadaṃ samādiyāmi.)
5. "I undertake the training-rule to abstain from alcoholic drink that are an opportunity for heedlessness." ([Pali](#): Surāmerayamajjapamādaṭṭhānā veramaṇī sikkhāpadaṃ samādiyāmi)