

# CHARACTER DEFECTS

## Selfishness

- Not seeing the other person's point of view, problems, or needs
- Wanting things my way
- Wanting special treatment
- Wanting others to control or dominate
- Thinking I am better (grandiosity)
- Wanting to be the best
- Thinking others are jealous
- Wanting others to be like me
- Being miserly or possessive
- Wanting more than my share
- Reacting from self-loathing / self-righteousness
- Too concerned about me, my needs, my wants
- Trying to control how people think of / perceive me (image management)
- Wanting to look good or be liked

## Dishonest

- Not seeing or admitting where I am at fault
- Having a superior attitude – think I am better
- Blaming others for my problems
- Not admitting where I have done the same
- Not expressing feelings or ideas
- Lying, cheating, stealing
- Hiding reality – not facing facts
- Stubbornly holding onto inaccurate beliefs
- Breaking rules
- Lying to myself
- Exaggerate or minimize stories, thoughts, etc.
- Setting myself up to be harmed / wronged
- Expecting others to be what they are not
- Being perfectionistic

## Self-Seeking

- Seeking myself in others
- Getting my value from other people's behaviour
- Manipulating others to do my will
- Putting others down internally or externally to build myself up
- Engaging in character assassination (gossip)
- Acting superior
- Acting to fill the void
- Engaging in gluttony or lusting after someone else's experience
- Ignoring others' needs
- Trying to control others
- Getting revenge when I did not get what I wanted
- Holding on to a resentment
- Acting to make me feel good
- Playing victim, protector, or saviour

## Frightened of

- People's opinions
- Rejection / abandonment
- Loneliness
- Physical injury / abuse
- Not being able to control / change something / someone
- My inferiority
- Criticism
- Expressing ideas / feelings
- Getting trapped
- Exposure, embarrassment

## Inconsiderate

- Not considering the other person's point of view, problems, or needs
- Have you considered that...
- Am I treating myself with respect

**STEP 10 WORKSHOP WORKSHEET**

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5	COLUMN 6
<p>WHO</p> <p><i>People, Institutions or Principles whom I am angry.</i></p>	<p>WHAT IS THE CAUSE</p> <p><i>I ask myself why I am angry, what did they do to me to cause the anger?</i></p>	<p>AFFECTS</p> <p><i>On my grudge list I set opposite each name my injuries. Was it my... self-esteem, my security, my ambitions, my personal or sex relations which had been interfered with?</i></p>	<p>WHAT DID I DO</p> <p><i>Putting out of mind the wrongs others have done, I resolutely look for my own mistakes. What did I do, if anything, to set in motion trains of circumstances which in turn caused people or institutions to hurt me and eventually led to my resentment of them for doing so.</i></p>	<p>DEFECTS</p> <ul style="list-style-type: none"> <li>* Selfish</li> <li>* Dishonest</li> <li>* Self-Seeking and Frightened</li> <li>* Inconsiderate</li> </ul> <p><i>Which of the above character defects caused me to do what I did or cause me to want to hold on to the old resentment, even though I may have done nothing to cause it</i></p>	<p>WHAT IF GOD WERE TO COME INTO THIS SITUATION?</p>