

Character Defects examples:

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'm 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'm at fault
- Having a superior attitude—think I'm better
- Blaming others for my problems
- Not admitting where I've 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 aren't
- Being perfectionistic

Self-Seeking:

- Seeking myself in others
- Getting my value from others people's behavior
- 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 didn't get what I wanted
- Holding on to a resentment
- Acting to make me feel good
- Playing victim, protector or savior

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

Principles* & Actions

1. **HONESTY:** Facing and accepting the facts, the objective truth about reality. Conduct is fair and straightforward; which means uprightness of character or action. Honesty implies a refusal to lie, steal, or deceive in any way.
Action: CONCEDE “powerlessness” to our innermost self – to surrender/admit defeat.
2. **FAITH/HOPE:** A decision to believe and have complete confidence in God/HP/power-other-than-self, without logical proof or material evidence. To desire with expectation of fulfilment, to long for with expectation of obtainment, to expect with desire; desire accompanied by expectation of or belief in fulfilment.
Action: DECISION ABOUT “IT” – our concept.
3. **TRUST:** A decision for a covenant, an arrangement, by which something is transferred with assurance to someone with confident expectation of the proper use for a specified purpose; to commit to the care of someone's management; to confer a commission confidently; outward conduct is governed by implicit confidence and dependence on goodness and reliability of the recipient of this trust.
Action: DECISION TO TURN to be in alignment with “IT”; LIVE as if “IT” is real – our relationship.
4. **COURAGE:** Mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty; courage implies firmness of mind and will in the face of danger or extreme difficulty; willingness to face and accept the truth.
Action: NAME/ANALYZE the obstacles in us to our relationship with “IT” – to see and accept the truth.
5. **INTEGRITY:** An unimpaired condition; soundness; adherence to a code of moral, artistic, or other values; the quality or state of being complete or undivided.
Action: CONFESSION/REVELATION of all obstacles/secrets – to prepare for removal.
6. **WILLINGNESS:** Inclined or favorably disposed in mind; ready; prompt to act or respond without reluctance; or relating to the will or power of choosing.
Action: MAKE A LIST of our defects of character/shortcomings – to prepare for removal.
7. **HUMILITY:** Quality or state of being truthful; unpretentious, modest, not proud, or haughty; not arrogant or assertive; reflecting, expressing, or offered in the spirit of deference or submission; having a balanced, objective perspective.
Action: PRAYER/ACCOUNTABILITY – to request removal.
8. **COMPASSION:** Sorrow for the sufferings caused to others; a person's concern that freely seeks the good of another.
Action: MAKE A LIST of harms done by us to others – to identify them.
9. **JUSTICE:** The maintenance or administration of that which conforms to law, especially spiritual; honorable and fair dealing of persons with each other.
Action: CHANGE behavior; REPAIR damage; to embrace FORGIVENESS process.
10. **VIGILANCE:** Watchfulness; keeping awake and alert, especially to feelings of being “disturbed”. These ill-at-ease feelings are signals that we are in self-will and out of alignment with reality, as-it-actually-is. When we begin to exercise self-regulation, we correct our behavior, mold our mental faculties, and improve our moral character.
Action: Daily PRACTICE of awareness of feelings, using “spot check inventory” when disturbed, and applying the suggested remedy for emotional re-alignment (pray; talk; amend; help) – which develops our CONSCIENCE.
11. **AWARENESS:** Having or showing realization, perception, or knowledge; implies attentiveness in observing or alertness in drawing inferences from what one thinks, feels, sees or hears; developing our mindfulness.
Action: Daily PRACTICE of PRAYER & MEDITATION - to “improve” our CONSCIOUSNESS.
12. **ALTRUISM/LOVE:** Devotion to the welfare of others; behaviors done solely for the benefit of others; to be useful..
Action: Daily PRACTICE of helping – which “enlarges” our consciousness and COMPASSION.

**PRINCIPLES: Foundational truths / core values which regulate moral behavior.*