

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'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

PRAYER SHEET

Resentment prayer

God, I have a resentment towards _____. Help me to show _____ the same tolerance, pity and patience that I would cheerfully grant a sick friend. Help me to avoid retaliation or argument. Thy will not mine be done.

Offended prayer

_____ is a sick man/woman. How can i be helpful to him? God save me from being angry. Help me to avoid retaliation or argument. Thy will be done.

Fear Prayer

God, remove my fear of _____ and direct my attention to what you would have me be. (pause and wait for an answer)

Sex Prayer

God please mold my ideals and help me to live up to them

Serenity Prayer (long version)

God, grant me the serenity to accept the things I cannot change
The courage to change the things I can and the wisdom to know the difference
Living one day at a time, enjoying one moment at a time
Accepting hardship as the pathway to peace
Taking as he did this sinful world as it is, not as I would like it
Trusting that He will make all things right if I surrender to his will
That I may be reasonably happy in this world and supremely happy with Him in the next.

Amends formula

1. Statement of truth about what you did
2. This was _____ (character defects: selfish, dishonest, inconsiderate)
3. I deeply regret this
4. What can I do to make it right?