

# Defects of CHARACTER



**SELFISHNESS:** focused first and primarily on my needs, wants and desires over the needs, wants or feelings of others, including those I love or am responsible towards.

**BLAMING:** identifying others or circumstance as the cause of my problems over accepting responsibility for my own feelings, behaviors, mistakes, habits, etc.

**SELF-JUSTIFICATION:** defending attitudes/behaviors that hurt others; I make excuses, rationalize or point out similar flaws in those who confront me. *“You do the same thing...”*

**PRIDE:** having an unrealistic assessment of my strengths, personal abilities, talents or value. I protect my image at all costs. I have trouble admitting my own weaknesses, faults and errors. I think I am better than others.

**FALSE HUMILITY:** pretending to be humble by doing acts of service when others are looking. Saying *“I fear success.”* Downplaying my contributions to hear others build me up.

**IMPULSIVENESS:** acting or talking before thinking it through or contemplating consequences.

**ENVY OR JEALOUSY:** wanting what someone else has; being unwilling / unable to celebrate the success of others.

**JUDGEMENTAL:** making conclusions about the character and/or motives of others and then treating them as if my conclusions are fact.

**PHONINESS:** Pretending to be something I'm not; hiding my feelings; putting on a false front. I have to look good to others, even when I know it's not who I really am.

**PESSIMISM:** focusing on and/or anticipating a negative outcome to minimize risk of disappointment.

**MANIPULATION:** using positive / negative pressure on others to fulfill my wishes or needs. This may be through silence, neglect, threat or insult. Manipulation also occurs through warmth, flattery, sex, admiration or promises.

**PEOPLE PLEASING:** a dishonest attempt to gain approval by keeping people happy. I may say *“yes”* when I inwardly mean *“no.”* I take pride in my *“doing.”* If my sacrifice or agreement is not rewarded, I may get discouraged or angry.

**CRITICISM:** focusing on the flaws, weaknesses and mistakes of others without factoring their positive qualities.

**DISHONESTY:** knowingly speaking untruths.

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**SELF-PITY:** feeling sorry for myself, similar to blaming except I stop short of identifying a source for my pain. I am content to just be a victim. Inwardly, I hope people will notice my despair and try to help or lift my spirits.

**PERFECTIONISM:** having unrealistic expectations of myself or others. I express frustration when I/others don't meet those expectations. *If better is possible, it's required.*

**AVOIDANCE:** ignoring and avoiding tension, problems, people, etc. whenever my sense of worth is threatened.

**INTOLERANCE:** unwilling to accept others as they are. Refusing to forgive another's mistakes. By focusing my attention on the flaws of others, I feel good about myself.

**SARCASM:** getting a laugh at the expense of another; a harsh taunt or expression of deep seated anger cloaked in humor. I often mean the opposite of what I am saying.

**WORKAHOLISM:** avoiding relationships, uncomfortable tensions or personal responsibility by pouring myself into work where I am esteemed and rewarded.

**PROCRASTINATION:** avoiding what I've committed to or what needs my attention until the last minute. I keep busy but not with the things that really matter. Others pay the price and I hide behind the "not enough time" excuse.

**ENTITLEMENT:** convincing myself I deserve certain luxuries, concessions or the allegiance of others due to my social status, hard work or accomplishment; taking the people and blessings in my life for granted.

**IMPATIENCE:** wanting right now that which usually takes time to achieve or acquire. Being unwilling to wait or adjust to another's priorities. This results in frustration and anger.

**WITHDRAWING:** retreating emotionally / physically from relationships; refusing to share my thoughts and feelings with others; escaping via TV, computer, fantasy, romance novels, hobbies, pornography or hiding in "busyness."

**VIOLENCE:** physically/verbally expressing anger in hostile or defiant behavior: hitting, threatening, restraining, yelling, slamming doors, swearing, throwing objects, etc.

**GOSSIPING:** Talking negatively about others in their absence; listening to such talk; sharing what others have asked or prefer to remain confidential.

**DECEPTION:** "selectively sharing" and/or withholding information so that inaccurate conclusions are made; telling half truths: allowing people to believe untruths without correction.

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