Character Defects

Aimless
Angry
Anxious
Apprehensive
Arrogant
Ashamed
Bored
Bothered
Complacent
Confused
Covetousness
Depressed
Despondent
Disappointed
Discourteous
Disgusted
Dishonest
Disinterested in Self
Disrespectful
Diserring
Doubtful
Embarrassed
Envious
Fearful
Frightened
Frustrated
Gluttonous
Greedy
Grumpy
Harmful
Hateful
Hyper
Impatient
Inconsiderate
Inconsistent
Indifferent
Insecure/Shy
Insincere
Intolerant
Irresponsible
Irritated
Jealous
Judgmental
Lacking Discretion
Lazy
Living in the past
Lonely
Lustful
Need to know
Out of Control
Overwhelmed
Panicky
Pessimistic
Prideful
Procrastinating
Prone to gossip
Proud
Resentful
Restless
Sad
Self-Centered
Self-Condemnation
Self-Indulgent
Self-Justification
Self-Pitying
Self-Righteous
Self-Seeking
Selfish
Sick
Silly
Slothful
Smug
Stubborn
Submissive
Surprised
Suspicious
Tense
Tired
Ungrateful
Unkind
Unrealistic
Unreasonable
Unsafe
Violent
Withdrawn
Worrisome
Worthless

Character Assets

Accepting
Assertive
Aware of Others
Calm
Careful
Caring
Cheerful
Clam
Confident
Consistent
Constructively Critical
Content
Cooperative
Courteous
Discreet
Empathetic
Engaged
Excited
Faithful
Forgiving
Generous
Gentle
Happy
Helpful to Others
Honest
Hopeful
Humble
Industrious
Kind
Living for today
Loving
Open-minded
Optimistic
Outgoing
Patient
Present
Prompt
Purposeful
Realistic
Reasonable
Relaxed
Relieved
Responsible
Seeking Spiritual growth
Serene
Sincere
Stable
Thoughtful
Tolerant
Trusting
Trustworthy
Using abilities
Willing to admit failure
### Step 6

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<th>Character Defect</th>
<th>Replacement</th>
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