

Defects of Character

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 truths: allowing people to believe untruths without correction.

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 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 in their positive qualities.

DISHONESTY: Knowingly speaking untruths.