

# Defects and Assets

A personal recovery balance sheet

Notice patterns, recognize strengths, and choose one useful action.

These are behaviors to explore, not labels for your worth.

Date: \_\_\_\_\_ Situation: \_\_\_\_\_

| DEFECTS                      | ASSETS TO PRACTICE                      |
|------------------------------|-----------------------------------------|
| Avoiding the truth           | Honesty - say what is true              |
| Defending every mistake      | Accountability - own my part            |
| Insisting on my way          | Flexibility - consider another approach |
| Keeping score of old hurts   | Willingness - work toward release       |
| Acting without thinking      | Restraint - pause before responding     |
| Dismissing other people      | Respect - listen with care              |
| Seeking approval at any cost | Integrity - honor values and limits     |
| Comparing with envy          | Gratitude - notice what I have          |
| Making promises I neglect    | Reliability - follow through            |
| Refusing help out of pride   | Humility - ask and keep learning        |
| Avoiding needed action       | Courage - take a manageable step        |
| Taking more than I give      | Generosity - contribute within my means |
| Judging before understanding | Curiosity - ask before assuming         |
| Demanding flawless results   | Patience - allow steady progress        |

**One pattern I noticed and the effect it had:**

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**One asset I can practice today and the action I will take:**

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Use alongside Step Four work and discussion with a sponsor or trusted recovery peer.

Personal reflection aid | Not AA Conference-approved literature