

STEP 4

Character Defects Worksheet

Before you begin the Character Defects Worksheet, write and pray a personal version of the Set Aside Prayer

Name the Character Defect	What is my behavior?	What am I defending? What is the benefit?	What is the opposite virtue of this behavior?	What behavior would this virtue manifest?
Controlling people places and things	Demand people do things my way, manipulate events, argue to defend my way, ostricize people who don't comply	Defending my status as the smartest, strongest, scariest authority figure	Allowing, accepting, Listening, Forgiving	Asking for opinions, considering others ideas, listening to others, allowing space for my HP to be in control
Fearful	Demand people do things my way, manipulate events, argue to defend my way, ostricize people who don't comply	Defending my fear that gives me a facade of control by motivating me from taking chances or facing tough situations	Honesty, Trusting, Faithfulness, Letting Go	Peaceful and trusting life, my HP and myself so that I can let go and enjoy the gift of being alive and grateful.
Rain Barrel Effect	I put up with, allow, people please when I don't want to or when I am burnt out, it builds until I blow my top	My facade that I am stronger and more tolerant than I am. The benefit is people think I am resourceful and come to me for help (more people pleasing)	Honest, Accepting, Open, Self-protective	Asking for help, expressing when I am overwhelmed or tired, taking a time out, or a break, let people help themselves