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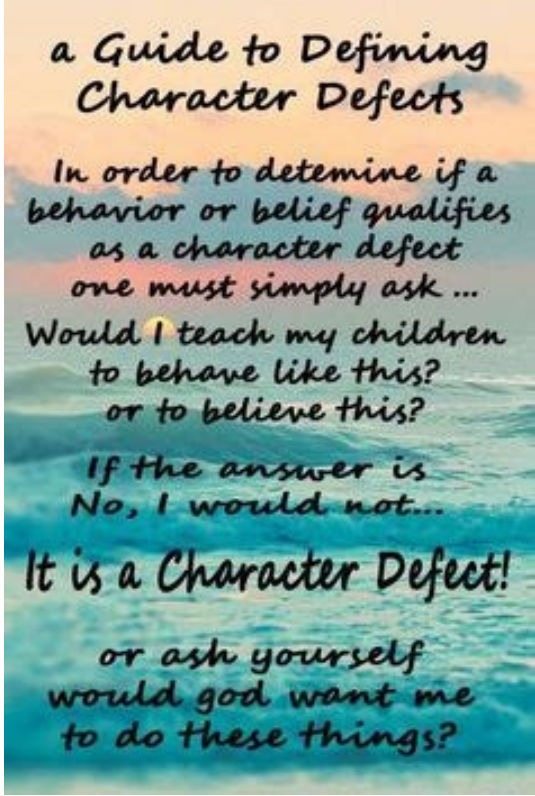

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Character defects and spiritual opposites

Defects of character and their opposites. List of character defects and their opposites. List of character defects and their opposites aa.

It was like a Jedi mind trick. After the step 5 confession, my sponsor began to turn all of the character defects I admitted on their head. He listed examples of how I’ve done the opposite of each since I’ve been in recovery. It was an amazing time of affirmation. Made me look forward to the rest of the 12 steps. It felt like progress. I began to make a list of these positive character traits (or attitudes). Take a look at my list and leave a comment to add your own thoughts. ME in RECOVERY — ME in ADDICTION Honest — Lying Patient — Demanding Brave — Fearful Gritty — Lazy Selfless — Selfish Confident — Self pity Decisive — Confused Straightforward — Manipulative Believing — Cynical Humble — Proudful Moral — Amoral Accepting — Judgemental Barriers to recovery can consist of internal factors, such as character defects and negative emotional states, and external factors such as high-risk situations and events. Whether internal or external, these barriers can trigger relapse. Once you understand your personal triggers, you can plan how you will respond to them—and thereby protect your recovery. Unchecked character defects are prime barriers. Rationalization, denial, minimizing, and the need for instant gratification—cravings—chip away at your spiritual fitness and diminish your ability to resist substance use when you are in high-risk situations. In Step One you learned to identify that you had a problem; you have the disease of addiction. Your brain chemistry is as powerless against alcohol and/or drugs as a diabetic’s body is against diabetes. To defuse potential triggers we must take our defects, such as perfectionism, rigid thinking, resentments, grandiosity, and controlling thoughts and behavior, and turn them over to our Higher Power. Embracing Step One is often the most challenging barrier to recovery because it is often difficult to overcome this denial. External factors that could threaten your recovery include high-risk events or situations such as conflicts with others, social or peer pressure, or being in environments where alcohol or drugs are used. Our emotions can also present barriers. Stress, anxiety, and boredom are just a few examples. And don’t forget HALT—hungry, angry, lonely, and tired. Even celebrations can trigger relapse if those celebrations are associated with drinking or using. For many women alcohol and other drug use is intertwined with experiences of partner violence, rape, sexual abuse, depression, and anxiety disorders. Sometimes these issues are not adequately addressed during treatment and can become barriers for women who struggle to maintain successful recovery. First and foremost, work your Twelve Step program and rely on the support of your Higher Power and the fellowship.



No one can do recovery alone. Then start understanding your specific triggers. You’ll also need to develop your communi- cation skills, new ways of thinking, and a plan to keep your life in balance. Make a list of the potential barrier situations most likely to set you up for relapse. Then pair each problem with a solution, a coping strategy for that high-risk situation. When your list is finished, make plans to learn new skills, develop new ways of thinking, and take concrete steps to keep your life in balance. To develop new abilities, you might work on conversation skills to increase your comfort in social situations or practice ways to handle activities that in- volve drinking (such as skipping events where alcohol or drugs will be present). How can you prevent HALT? Counteract hunger by teaching yourself to cook, handle anger by finding alternatives to acting out frustrations, avoid loneliness by cultivating new friends, and prevent tiredness by establishing a sleep routine. Keeping your life in balance is possible by keeping needs and wants on an even keel. Prayer and meditation, relaxation routines, and exercise are additional ways to stay centered. Start practicing new ways of thinking. Give yourself positive feedback when you’ve worked hard on your recovery, and understand that if you slip and use alcohol or chemicals again, it doesn’t have to lead to a full-blown relapse. There’s still time for you to step right back into your recovery. Don’t minimize all the progress you’ve made, just go right back to the Twelve Steps and start again. It’s as simple as that. Don’t give up on yourself and your chance at a healthy, happy life just because you made a mistake. Simply learn from your mistakes and plan to avoid them in the future. Each time you overcome a barrier to your recovery, you will gain confidence. You will understand that you can face high-risk situations, you can cope, and you can resist relapse. Web resources National Institute on Alcohol Abuse and Alcoholism (NIAAA) A branch of the National Institutes of Health, the NIAAA supports and conducts research on the impact of alcohol use on human health and well-being. Its web- site offers many articles about alcohol, addiction, treatment, and co-occurring disorders.



The 12-step process was developed by Alcoholics Anonymous founder Bill Wilson in 1935 and is now employed by many rehabilitation groups around the world. By working through 12 detailed steps intended to help those with substance abuse issues to find acceptance, face reality and make amends, people are able to navigate a better path forward. The steps are progressive; practitioners stay with one step until satisfactory progress has been made and then move on to the next one. Moving through the steps requires deep reflection on both circumstances and self. This is especially true for step four, which reads, “Made a searching and fearless moral inventory of ourselves.” To do this, it’s important to reflect on character defects and shortcomings to identify the root causes of addiction and ways to improve.



What Are Character Defects? The term character defect refers to any challenge in personal character that may affect your way of life and interactions with others in a less than ideal manner. Defects of character can range greatly; one Cleveland-based AA group identifies 20 different points of concern to assess in the context of deficiencies. These elements, like greed, can negatively influence how you lead your life, contributing to cycles of poor behavior. For example, acting in anger can result in unproductive responses to challenging life events, like using drugs to overcome feelings of rage toward others. Identifying evidence of defects in your own life can be clarifying, isolating where you’ve gone wrong and what kinds of actions are necessary to see personal improvements. What Are Shortcomings? In the context of the 12 steps of AA, both character defects and shortcomings are referenced throughout the program, leading some members to ponder the differences between them. According to the AA founder, Bill Wilson, a distinction wasn’t intended; the varying word usage was merely a stylistic choice to avoid repetition. When moving through the steps, program members can think of these terms in the same context. List of Character Defects Character defects exist in numerous forms and can vary from one group to another in terms of what is assessed. In general, common character defects include: Greed Anger Fear Cowardice Egotism Guilt Dishonesty Impatience Hate Pride Denial Jealousy Laziness Insincerity Negative or immoral thinking Intolerance For some people, many of these defects apply. For others, only a select number are relevant. Do I Have Defects? Identifying flaws in your thoughts and behaviors is often hard to do. It’s easy to justify your actions, for example, you were greedy because you thought you needed goods or services more than other people, but participating in AA involves true introspection that goes beyond rationalizing individual choices.

Our purpose is to intercede for our kids using God’s Word. We pray our children and schools will be transformed by Christ.

Every child needs a praying mom.

“It is the same with my word. I send it out, and it always produces fruit. It will accomplish all I want it to, and it will prosper everywhere I send it.” Isaiah 55:11 (NLT)

Place your child’s name in these scriptures, knowing with certainty that you are praying God’s will.

To Know Christ (From John 14:6)
Loving Father, I pray _____ will know that Jesus is the way and the truth and the life. No one comes to the Father except through Him.

To Be Safe from Harm (From Psalm 91:11)
Almighty God, I ask that You command Your angels concerning _____ to guard _____ in all his/her ways.

To Love God’s Word (From Psalm 119:11)
Heavenly Father, I pray _____ will hide Your Word in his/her heart that _____ might not sin against you.

To Have a Pure Heart (From 2 Timothy 2:22)
Holy God, I pray _____ would flee the evil desires of youth and pursue righteousness, faith, love and peace, with those who call on the Lord out of a pure heart.

To Choose Godly Friends (From 1 Corinthians 15:33)
Merciful Father, I pray _____ will not be misled: “Bad company corrupts good character.”

To Walk in Faith and Devotion (From Isaiah 38:3)
Gracious God, I pray _____ will walk before You faithfully and with wholehearted devotion and do what is good in Your eyes.

To Guide His/Her School by Biblical Values
(From Colossians 2:8)
Almighty Father, let no one take [name of school] captive through hollow and deceptive philosophy, which depends on human tradition and the basic principles of this world rather than on Christ.



In reality, we all have defects. No one is perfect, regardless of a history of — or lack of — substance abuse. Everyone has areas in which they can improve, from being jealous of a coworker who got a promotion to being angry at a friend who makes more money. Part of being successful in AA involves not making excuses for character defects and, instead, using an introspective moral inventory to make positive changes. Discovering the kind of shortcomings you’re facing and how they relate to your addiction is an important part of recovery. That’s why step four specifically states taking a “fearless inventory.” It’s hard to be critical of yourself in an honest way, but pursuing a personal inventory without fear is imperative to achieving this. What Are My Character Defects? You know you have personality defects, but how do you perform the kind of searching and fearless moral inventory required to accomplish step four?

CHARACTER DEVELOPMENT WORKSHEET

WHAT DO YOU KNOW ABOUT YOUR CHARACTER?

<div><div>BIOS</div><div><div><input type="checkbox"/> Character's Name</div><div><input type="checkbox"/> Character's Nicknames</div><div><input type="checkbox"/> Sex and Sex Gender</div><div><input type="checkbox"/> Height or Length</div><div><input type="checkbox"/> Age</div><div><input type="checkbox"/> Weight</div><div><input type="checkbox"/> Eye Color</div><div><input type="checkbox"/> Hair Color</div><div><input type="checkbox"/> Distinguishing marks (tattoos, piercings, scars)</div><div><input type="checkbox"/> Describe physical traits in one passage</div></div><div><div>FAMILY / RELIGION</div><div><div><input type="checkbox"/> Parents</div><div><input type="checkbox"/> Siblings</div><div><input type="checkbox"/> Marital Status</div><div><input type="checkbox"/> Significant Others / Children</div><div><input type="checkbox"/> Other Relatives</div><div><input type="checkbox"/> Pets</div><div><input type="checkbox"/> Friends</div><div><input type="checkbox"/> Enemies</div><div><input type="checkbox"/> Relationships (other)</div><div><input type="checkbox"/> Ethnicity</div><div><input type="checkbox"/> Religion</div><div><input type="checkbox"/> Beliefs</div><div><input type="checkbox"/> Superstitions</div><div><input type="checkbox"/> Dialect, Accents, Etc.</div></div><div><div>SCHOOLS / WORK / HOME</div><div><div><input type="checkbox"/> Education (degrees)</div><div><input type="checkbox"/> Degrees</div><div><input type="checkbox"/> Vocation / Occupation</div><div><input type="checkbox"/> Employment History</div><div><input type="checkbox"/> Salary</div><div><input type="checkbox"/> Status and Money</div></div></div></div><div><div><div>OWN OR RENT</div><div><div><input type="checkbox"/> Living Space (describe)</div><div><input type="checkbox"/> Work Space (describe)</div><div><input type="checkbox"/> Main Mode of Transportation</div></div><div><div>PSYCHOLOGY</div><div><div><input type="checkbox"/> Fears</div><div><input type="checkbox"/> Secrets</div><div><input type="checkbox"/> IQ</div><div><input type="checkbox"/> Eating Habits</div><div><input type="checkbox"/> Food Preferences</div><div><input type="checkbox"/> Sleeping Habits</div><div><input type="checkbox"/> Book Preferences</div><div><input type="checkbox"/> Music Preferences</div><div><input type="checkbox"/> Computer Access</div><div><input type="checkbox"/> Location or Favorite</div><div><input type="checkbox"/> Planned Outlets / Spontaneous</div><div><input type="checkbox"/> Journal Entries (do they keep one?)</div><div><input type="checkbox"/> Hobbies, Recreation</div><div><input type="checkbox"/> How Do They Relax</div><div><input type="checkbox"/> What Lures Them</div><div><input type="checkbox"/> Pet Preferences</div><div><input type="checkbox"/> Preferences</div><div><input type="checkbox"/> Attitudes</div><div><input type="checkbox"/> Obsessions</div><div><input type="checkbox"/> Obsessions</div><div><input type="checkbox"/> Addictions</div><div><input type="checkbox"/> Ambitions</div><div><input type="checkbox"/> As Seen by Others</div><div><input type="checkbox"/> As Seen by Self</div></div><div><div>ASTROLOGY / PHYSIOLOGY</div><div><div><input type="checkbox"/> Birth Date</div><div><input type="checkbox"/> Time of Birth (morning, afternoon, evening)</div><div><input type="checkbox"/> Western Astrological Sign</div><div><input type="checkbox"/> Traits Associated with Western Sign</div><div><input type="checkbox"/> Chinese Zodiac Sign</div></div></div></div><div><div><div>TRAITS ASSOCIATED WITH CHINESE ZODIAC</div><div><div><input type="checkbox"/> Handwriting</div><div><input type="checkbox"/> Personal History</div><div><input type="checkbox"/> General Health</div><div><input type="checkbox"/> Medical History</div><div><input type="checkbox"/> Allergies</div><div><input type="checkbox"/> Chronic Diseases</div><div><input type="checkbox"/> Handcuffs</div><div><input type="checkbox"/> Favorite Slog</div><div><input type="checkbox"/> Wallet</div><div><input type="checkbox"/> Rings</div><div><input type="checkbox"/> Jewelry Cabinet</div><div><input type="checkbox"/> Draw Compartment</div><div><input type="checkbox"/> Suit Drawer</div><div><input type="checkbox"/> Bedroom Filing Place</div><div><input type="checkbox"/> Address Calendars</div><div><input type="checkbox"/> Candles</div><div><input type="checkbox"/> Backpack</div><div><input type="checkbox"/> Locker</div><div><input type="checkbox"/> Desk</div><div><input type="checkbox"/> Clothes Pockets (cigarettes, pens, etc.)</div></div><div><div>UNIQUE</div><div><div><input type="checkbox"/> Halloween Costumes</div><div><input type="checkbox"/> Tattoos</div><div><input type="checkbox"/> Parents</div><div><input type="checkbox"/> Animals</div><div><input type="checkbox"/> Plants</div><div><input type="checkbox"/> Stereotypes</div><div><input type="checkbox"/> Drugs / Alcohol</div><div><input type="checkbox"/> Relationships</div><div><input type="checkbox"/> Email Address, Home Page, Blog, etc.</div><div><input type="checkbox"/> Phone Numbers</div><div><input type="checkbox"/> Time and Place (Day, Date, etc.)</div><div><input type="checkbox"/> Special Places</div><div><input type="checkbox"/> Special Moments</div></div></div></div></div></div></div><div data-bbox="18 1949 2081 2119" data-label="Text"><p>Create a List of Defects Understanding what constitutes a character defect is an important part of taking a personal inventory. Using the list above, a list provided by an AA group or a personal list drawn up based on life experiences and known personality traits is a great way to start this process. Those working through step four can go item by item to develop a personal inventory. Don't limit yourself to character defects that may seem personal only to you or that you're already aware of. Instead, be as inclusive as possible. Without further introspection, you may not even see the other defects that have affected you and your substance use disorder. Develop Questions Taking a concept, like greed, and interpreting it in the context of your own personality isn't as simple as it sounds. To ensure this exercise is as effective as possible, draw up some questions that make it easier to conceptualize how certain character defects play into your past and current behaviors. Some examples include: How does a certain character defect manifest? How is behavior affected by a certain character defect? What are the consequences of a certain character defect? In what ways can a certain character defect affect the use of drugs or alcohol? How can a certain character defect stand in the way of a healthy recovery?</p><p>Have I been affected by this character defect?</p><p>Identify Scenarios Once you've isolated a list of questions relevant to your summary of character defects, it's time to put them to use. Go through each shortcoming one by one and give answers to each question.</p><p>These can be yes or no answers or, for some questions, longer and more involved responses. The important part of this exercise is to evaluate honestly how each character defect can play a role in facilitating addiction or poor behavior and whether you've displayed any of these challenging traits. Next Steps The 12-step program in AA and other addiction treatment programs is intended to guide those working through addiction little by little. The fourth step only truly addresses identifying character defects rather than overcoming them; this is managed in later steps. As such, identifying these shortcomings honestly and candidly is vitally important for later because making healthy and productive changes is a big part of the overall goals of Alcoholics Anonymous. What If You Need help? The above questions can help begin identifying the harder to detect character flaws that may have led to addiction. Understanding these flaws is critical to your recovery. If you find yourself struggling with addiction or need to identify your flaws and improve your behavior, don't hesitate to seek help. Contact FHE Health by calling to talk with one of our compassionate counselors. Our team is standing by 24/7. Continue your path to health and become free of addiction by calling us today. Getting help is always an option for the nearly 25 million Americans living with an addiction to drugs and alcohol. Whether through a standard outpatient 12-step program or in a dedicated treatment facility, support is here when you need it most.</p></div></div>
