

## **Nature of My Wrongs/Character Defects/Self-Will (short version)**

### **A. SELFISH**

1. I got disturbed because you didn't act the way I wanted you to act or do what I wanted you to do?
2. I compromised my own ethical standards to manipulate and get what I wanted?
3. I am angry because you are not doing it my way or not being who I want you to be?
4. Did I get my way at someone's expense? Guilt and Remorse reflect this selfishness.
5. I am self-centered when I make what you did or said/didn't say or do about me?
6. I am in self-pity, self-loathing, self-consciousness, etc?

### **B. DISHONEST**

1. How am I like this person? What are they mirroring for me? Have I ever done what they're doing?
2. I am not trusting my Higher Power? Doing/Saying/Thinking what is contrary to HP's will?
3. I am judging you for being sick?
4. I am blaming you for choices I make? It's dishonest to not accept responsibility for my choices.
5. I am blaming you for doing things I've done myself?
6. I am having expectations of you? Dishonest. Living in Get rather than Give. Human power over HP.
7. Would I want that said/done to me? Withheld things from you I would want said/done to me?
8. I am believing what you do or say is about me and making what you do or say my business?
9. I'm blaming you for doing what you believe is right? Believing there is only one "right" way- mine?
10. I assume I know your mind and heart and motivations?
11. I case build against you? Look for the bad and villainize you? Live defensively?
12. Did I give a gift with an expectation to Get something in return? Expectations are dishonest.
13. I have lied, cheated, and stolen?
14. I have broken laws?
15. I participate in something I resent? Say yes when I mean no? Martyrdom?
16. I use indirect communication? Sighs, eye rolling, slamming things, retaliation?
17. I speak for others, conversationally gang up on others? "Everyone agrees with me..."
18. I hide/ am not being visible around my personal truths/HP ideals?
19. I am passive- not getting clear on nor contributing my preferences, ideas, desires? Wanting others to take care of me? Not developing my own life?
20. I mind read in reverse- want you to intuitively know my needs, not speaking up on my own behalf?
21. I am being "nice" with a manipulative motive? Genuine kindness is the goal now.
22. I diminish the ideas of others to elevate myself/feel better about myself?
23. I bring the past into the present?
24. I believe you are my problem and blame you, not seeing my own sickness?
25. I speak about others behind their back? Listen to others speak about people behind their back?

### **C. SELF-SEEKING**

1. I am trying to make myself look better? Trying to help Higher Power out/playing God? Fixing people?
2. I play a role? Good/Bad, Savior/Helpless, Right/Wrong, Sick/Healthy, Victim/Perpetrator?
3. I use people to get my self esteem, security, belonging needs or ambitions met or for any reason?
4. I do things so you won't be mad/disappointed or I try to get you to like me? Approval seeking?

5. I define my own worth by gauging what I think you feel about me? Validation seeking?
6. I wear the identity of Victim as a badge to try to Get attention, sympathy, pity, etc?
7. I use you to try to elevate my status? Try to make myself something I'm not by the company I keep?
8. I participate in bragging, gossiping, criticizing, judging, comparing, and competing? Jealousy?
9. I live in "Get"- looking to "Get" liked or "Get" loved?
10. I over apologize to change the way you feel about me or a circumstance?
11. I listen to others gossip, criticize, or blame others? Live in Get?
12. I am concerned with "What would/do people think of me?"

#### **D. FRIGHTENED**

1. I am not trusting God? I have taken over running the show? Selfishly concerned it's not going my way?
2. I am afraid I won't get what I think I need/want or lose what I have or think I need? Self-reliance?
3. I am concerned about what I'm going to get out of a situation instead of what I can bring? Get vs Give
4. I am dependent on you above Higher Power? I make you or your opinion of me Higher Power?
5. I am living in future, past or fantasy? I am making up stories? Higher Power is Now, in Reality
6. I am not right sized? Think I'm better or worse than I am? Self-pity
7. I set the ball rolling?
8. I am in self-reliance instead of Higher Power reliance?
9. I mistake the channel (people, job, situation) for the Source (Higher Power)?
10. I push people away (run away, self-protect, shutdown, live in a shell, isolate)?

#### **E. INCONSIDERATE**

1. I only consider my thoughts/feelings/wants/needs/desires, not yours?
2. I do not consider you might have strategies or needs of your own?
3. I do not consider everyone has had their own experiences resulting in their own painful old ideas?
4. I do not consider where you might be coming from?
5. I do not consider how my negative behavior or moods might be impacting those around me?
6. I dump or bring problems instead of contributing and living in the solution?
7. I offer unsolicited advice?