Defects of character — the checklist, with the Third and Seventh Step prayers

The Step Three Prayer

God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!

The Seventh Step Prayer

My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here, to do Your bidding.

My Moral Inventory Checklist Causes and conditions, defects of character, short-comings, flaws in our make-up, the root of our troubles, bondage of self, cited in the BB, p. xxv - 164

NO POWER Bondage of Self *Self-will (Column 4) Steps 4 & 5 My liabilities, blocks, character defects…*	POWER! God's Will… May I do thy will always God's w (Column 5) Steps 8 & 9 *Spiritual principles to strive for.*
__False Pride, Arrogance, Self-loathing __Bigotry, Misogyny/Misandry, Rudeness __Jealousy, Distrust, Suspicion __Envy, Coveting __Selfishness __Self-seeking, Self-centered motives __Dishonesty, Stealing, Lying, Exaggeration __Intolerance, Inconsideration __Greed __Lust, Infidelity, Philandering __Hate, Anger, Resentment __Sloth, Laziness, Procrastination __Impatience __Fear of…(rejection, no control, authority, etc.) __Irresponsible, Blaming, Enabling, Martyring __Vulgar Talk, Immoral Thinking __Gossip, Slander, Vilifying	__Humility __Respectfulness, Courtesy, Politeness __Trust __Contentment, Gratitude __Unselfishness __Helpfulness to others __Honesty, Integrity, Restitut __Tolerance, Acceptance, Tact __Generosity __Intimac Faithfulness, Chaste __Forgiveness, Love __Activity, Z Promptness __Patience __Faith, Courage __Responsib Accountable __Purity, Kindness __Praise the good in others
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
My resume as an untreated addict!	*My job description under God's employment*

Causes and conditions, defects of character, short-comings, flaws in our make-up, the root of our troubles, bondage of self, cited in the BB, p. xxv - 164).

__pride __vanity __egotistical __self-pity __morbidness __jealousy __envy __suspicion __selfishness __self-seeking __selfishly __unthinking __unjust __insincerity __dishonesty __lying __exaggeration __self-delusion __self-centeredness __self-justification __callousness __cruelty __anger, grudge __rancor __crankiness __bitterness __hate __antipathy __loathe __despise __overbearing __lethargy __impatience __fear __worry __cowardice __intolerance __lust __infidelity __inconsideration __anti-social __uncommunicative __slander __gossip __prejudice __criticism __ridicule __cynicism __diffidence (shyness) __servility (grovelling) __scraping (quarrelsome) __irresponsibility __careless __unreasonableness __apathy __martyr __fanatical __squandering/squander

__obstinacy
__stubbornness
__maudlin (self-pityingly, tearfully sentimental)

Other Defects and their opposites

Afraid Afraid of being vulnerable Afraid of disapproval Angry Arguing Arrogant Ashamed Attention-seeking Beating myself up Blaming others for my mistakes Boasting Bragging Caretaking Catastrophizing Codependent Comparing myself to others Confused priorities Controlling Cowardly Demanding that the world be my way Denial Despairing Dishonest Disobedient Distracted Doubting Egotistical Emotionally entangled Enabling Entitled Feeling down Financially irresponsible Fragile Future-tripping Gossiping Greedy Hating Impatient Inconsiderate Indifferent Insensitive Irresponsible Jealous Judgmental Lack of acceptance Lazy Looking down at others Low Self Esteem Lustful Mind reading Needing to appear perfect Needing to impress Neglecting self care Not standing up for myself Not trusting God Objectifying Obsessive People-pleasing Perfectionistic Projecting Rescuing Resentful Self-absorbed Self-hating Self-pitying Self-righteous Selfish Snobby Staying in my Comfort Zone Stingy Stubborn Taking responsibility of other's actions Trust-breaking Uncommunicative Undisciplined Unforgiving Unhealthy eating Unreliable Unstable Unwilling to admit wrong Unwilling to ask for help Vain Whining	Acceptance Acceptance Accepting God's world as it is Accepting responsibility Accepting what my Higher Power gives me Admitting I don't know what people think Admitting the truth about reality Assertive Being Present Being content with God's approval Brave Calm Caring Communicative Considerate Courage to be seen as imperfect Courage to decline enabling another's sickness Courage to displease people when necessary Courage to do the right thing Courage to try new things Disciplined Faithful Financially responsibile Flexibile Focused Forgiveness Forgiving Free of Shame Free of self-centeredness Friendly Generous Generous Getting my self-worth from my Higher Power Goodwill Grateful Grateful for God's attention Healthy Detachment Healthy Self Esteem Healthy detachment Healthy detachment Healthy eating Healthy priorities Honest Honestly admitting my mistakes Hopeful Humble Humble Humbly being of service Joyful Judging favorably Letting Go of Control Letting go Letting go of the actions of others Letting others be responsible for themselves Loving Modest Patient Peaceful Proactive Pure Reliable Respectful Responsible Robust Seeing reality clearly Self care Self-acceptance Self-love Selfless Sensitive Stable Staying on "my side of the street" Surrendering the results Tolerance Trusting God Trusting my Higher Power Trustworthy Using my speech to help not harm Valuing myself as God's child Viewing all as God's children Viewing all people as my equals Willing to ask for help Willing to be Vulnerable

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