

Step Six

# Checklist of Character Flaws and Assets

Review the list of character defects you made in Step Four. These “defects” are really your **assets** that have been overworked or twisted to serve the demands of your addict. Put a mark in front of each character flaw you identify with. Write a sentence with each one and pair it with the asset to the right of it.

“Instead of \_\_\_\_\_, I will be \_\_\_\_\_.”

DEFECT	ASSET
<input type="checkbox"/> Afraid	Confident
<input type="checkbox"/> Aggressive, belligerent	Gentle
<input type="checkbox"/> Aimless	Purposeful
<input type="checkbox"/> Aloof	Sociable
<input type="checkbox"/> Angry	Forgiving, calm
<input type="checkbox"/> Apathetic	Concerned, alert
<input type="checkbox"/> Apprehensive	Calm, courageous
<input type="checkbox"/> Argumentative, quarrelsome	Agreeable
<input type="checkbox"/> Arrogant	Humble
<input type="checkbox"/> Avoidant	Engaging, helpful
<input type="checkbox"/> Bigoted	Tolerant, accepting
<input type="checkbox"/> Blocking	Honest
<input type="checkbox"/> Boastful	Modest, humble
<input type="checkbox"/> Bossy	Democratic, humble
<input type="checkbox"/> Careless	Careful
<input type="checkbox"/> Cheating	Honest
<input type="checkbox"/> Competitive (socially)	Cooperative
<input type="checkbox"/> Compulsive	Free, independent
<input type="checkbox"/> Conceited, self-important	Humble, modest
<input type="checkbox"/> Contemptuous	Respectful
<input type="checkbox"/> Contradictory, oppositional	Reasonable
<input type="checkbox"/> Contrary, pigheaded	Cooperative
<input type="checkbox"/> Controlling	Accepting (of others' actions)
<input type="checkbox"/> Cowardly	Brave, accepting
<input type="checkbox"/> Critical	Tolerant
<input type="checkbox"/> Crude, obscene	Gentle, decent
<input type="checkbox"/> Cruel	Kind
<input type="checkbox"/> Cynical	Open-minded
<input type="checkbox"/> Deceitful	Honest, open
<input type="checkbox"/> Defensive	Agreeable, open
<input type="checkbox"/> Defiant	Respectful, open
<input type="checkbox"/> Denying	Accepting, honest
<input type="checkbox"/> Dependent	Self-reliant
<input type="checkbox"/> Depressed	Hopeful, optimistic
<input type="checkbox"/> Destructive	Constructive
<input type="checkbox"/> Dirty, ungroomed	Clean, groomed
<input type="checkbox"/> Discontented	Content
<input type="checkbox"/> Dishonest	Honest
<input type="checkbox"/> Disloyal, treacherous	Loyal, faithful
<input type="checkbox"/> Disobedient	Obedient
<input type="checkbox"/> Disrespectful	Respectful
<input type="checkbox"/> Enabling	Setting boundaries
<input type="checkbox"/> Entitled	Humble, team player
<input type="checkbox"/> Envious	Content
<input type="checkbox"/> Evasive, deceitful	Candid, straightforward

<input type="checkbox"/> Exaggerating	Honest, realistic, modest
<input type="checkbox"/> Faithless	faithful, reliable
<input type="checkbox"/> Falsely modest	Honest, agreeable
<input type="checkbox"/> Fantasizing	Practical, present (in the moment)
<input type="checkbox"/> Fearful	Confident, accepting
<input type="checkbox"/> Forgetful	Responsible
<input type="checkbox"/> Gluttonous, excessive	Moderate
<input type="checkbox"/> Gossiping	Kind, positive
<input type="checkbox"/> Grandiose, superior, pretentious	Humble, restrained
<input type="checkbox"/> Greedy	Generous
<input type="checkbox"/> Guilty	Moral, responsible, unself-conscious
<input type="checkbox"/> Hateful	Loving, tolerant
<input type="checkbox"/> Hypersensitive	Peaceful, tolerant
<input type="checkbox"/> Ill-tempered	Calm, even-tempered
<input type="checkbox"/> Impatient	Patient
<input type="checkbox"/> Impulsive, reckless	Cautious, careful
<input type="checkbox"/> Inconsiderate	Considerate
<input type="checkbox"/> Indecisive, timid	Decisive, firm
<input type="checkbox"/> Indifferent, apathetic	Concerned, caring, nurturing
<input type="checkbox"/> Inflexible	Flexible, open-minded
<input type="checkbox"/> Insecure, anxious	Self-confident, secure, accepting
<input type="checkbox"/> Intolerant	Tolerant, accepting
<input type="checkbox"/> Irresponsible, reckless	Responsible, careful
<input type="checkbox"/> Irritable	Pleasant, cheerful
<input type="checkbox"/> Isolating, solitary	Sociable, outgoing, present
<input type="checkbox"/> Jealous	Trusting, generous, admiring, grateful
<input type="checkbox"/> Judgmental	Accepting, broadminded, tolerant
<input type="checkbox"/> Justifying	honest, candid, frank
<input type="checkbox"/> Lazy, slothful	Industrious
<input type="checkbox"/> Loud	Quiet, considerate
<input type="checkbox"/> Lustful	Decent, caring, thoughtful
<input type="checkbox"/> Lying	Truthful
<input type="checkbox"/> Manipulative	Candid, honest, accepting
<input type="checkbox"/> Masked, closed	Open, candid
<input type="checkbox"/> Miserly	Frugal
<input type="checkbox"/> Morose	Cheerful, friendly
<input type="checkbox"/> Nagging	Supportive
<input type="checkbox"/> Narrow-minded	Open-minded
<input type="checkbox"/> Negative	Positive
<input type="checkbox"/> Opinionated	Compromising, open-minded
<input type="checkbox"/> Over-emotional	Stable, calm
<input type="checkbox"/> Perfectionistic	Realistic, compromising
<input type="checkbox"/> Pessimistic	Optimistic
<input type="checkbox"/> Possessive	Generous
<input type="checkbox"/> Prejudiced	Open-minded, tolerant
<input type="checkbox"/> Proudful	Honest, humble
<input type="checkbox"/> Procrastinating	Prompt, disciplined

<input type="checkbox"/> Rationalizing	Candid, honest
<input type="checkbox"/> Resentful, bitter	Forgiving, accepting
<input type="checkbox"/> Resisting	Willing
<input type="checkbox"/> Restless	Peaceful, quiet, calm
<input type="checkbox"/> Rude	Kind, polite
<input type="checkbox"/> Sarcastic	Kind, respectful, complimentary
<input type="checkbox"/> Self-centered	Caring (of others)
<input type="checkbox"/> Self-destructive, -defeating	Self-nurturing
<input type="checkbox"/> Self-hating	Self-accepting, loving
<input type="checkbox"/> Self-important	Humble, modest
<input type="checkbox"/> Self-indulgent	Caring of others
<input type="checkbox"/> Selfish	Generous
<input type="checkbox"/> Self-justifying	Humble, honest
<input type="checkbox"/> Self-pitying	Grateful, accepting
<input type="checkbox"/> Self-righteous	Humble, understanding
<input type="checkbox"/> Self-seeking	Selfless, nurturing
<input type="checkbox"/> Shameful	Forgiving, tolerant, honest
<input type="checkbox"/> Short-tempered	Kind, tolerant
<input type="checkbox"/> Shy	Outgoing
<input type="checkbox"/> Spiteful, malicious	Forgiving, kind
<input type="checkbox"/> Stealing	Honest
<input type="checkbox"/> Stubborn	Willing
<input type="checkbox"/> Sullen	Cheerful
<input type="checkbox"/> Superstitious	Realistic, no magical thinking
<input type="checkbox"/> Suspicious	Trusting
<input type="checkbox"/> Tense	Calm, serene
<input type="checkbox"/> Unavailable	Available, present
<input type="checkbox"/> Undisciplined	Disciplined
<input type="checkbox"/> Unfair	Fair, honest
<input type="checkbox"/> Unfriendly, hostile	Friendly, outgoing
<input type="checkbox"/> Ungrateful	Grateful
<input type="checkbox"/> Unkind, mean	Kind, nurturing
<input type="checkbox"/> Unrealistic	Realistic
<input type="checkbox"/> Unsupportive (of others)	Supportive, nurturing
<input type="checkbox"/> Untrustworthy, unreliable	Trustworthy, reliable
<input type="checkbox"/> Useless	Helpful
<input type="checkbox"/> Vain	Modest, humble
<input type="checkbox"/> Vindictive	Forgiving
<input type="checkbox"/> Violent	Gentle
<input type="checkbox"/> Vulgar	Polite, decent
<input type="checkbox"/> Wasteful	Thrifty
<input type="checkbox"/> Willful	Reasonable, willing
<input type="checkbox"/> Withdrawn	Outgoing
<input type="checkbox"/> Wordy, verbose	Concise, frank, to-the-point
<input type="checkbox"/> Workaholic	Balanced, conscientious