



DEFECTS OF CHARACTER

SELF-CENTEREDNESS / SELFISHNESS: Tending to focus on my own needs while being thoughtless and inconsiderate of the needs; wants or feelings of others.

BLAMING: Not accepting responsibility for my own feelings; actions; mistakes; drinking; drugging; etc. Identifying people, places and things instead of myself as the cause of my problems.

SELF-JUSTIFICATION: A type of dishonest thinking where I defend my behaviour by rationalizing or excusing these actions; using alibis or excuses to justify my irresponsible acts.

PRIDE: Excessive and unrealistic assessment of my strengths; personal abilities or talents. Trying to protect my image, often at the expense of someone else. Having trouble admitting any human weakness or faults. Unwilling to accept personal responsibility and /or being wrong.

FALSE HUMILITY: Difficulty in identifying positive qualities in myself; uncomfortable when receiving compliments; low self esteem; unassertiveness; being a “doormat” cloaked in submissiveness or sweetness.

IMPULSIVENESS: Acting or talking before thinking of the consequences.

ENVY OR JEALOUSY: Wanting something someone else has; fear of losing something that I already have; discomfort or resentment at the good fortune of others.

PHONINESS: Pretending to be something I’m not; hiding my feelings; putting on a false front. It often includes “conning and manipulation”. I have to look good to others, even when I know it’s not who I really am. Being myself just doesn’t seem to be good enough.

CONNING AND MANIPULATION: Neglecting; ignoring others; using silence; absence or insults to get others to comply with my wishes. Consciously using warmth; praise; compliments; etc. to get what I want. Ie: to gain money; alcohol/drugs; sex; freedom; advancement & assistance.

PEOPLE PLEASING: Being wishy washy, compliant or passive. I disregard my own needs by not asserting myself with others. I refuse to make waves. I resent the fact that I say “yes” when I need to or want to say “no” but am unable to do so. A defense mechanism, passively manipulating others to protect myself.



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SELF-PITY: Feeling sorry for myself; that people just don't understand me; don't respect me or love me enough. I.e: Feelings of hopelessness; like a victim of circumstances "poor me". Blaming others for my misfortunes. Making them responsible for my unhappiness rather than being responsible for it myself.

PERFECTIONISM: Having high unrealistic expectations of others or myself than I have a right to expect. Expressing frustration when I or others do not meet those expectations. Fear of making & admitting my mistakes.

INTOLERANCE: Being unable to accept other people as they are. Being narrow minded, opinionated, prejudiced. Refusing to accept others mistakes. By focusing my attention on others & their faults, I avoid looking at my self. This then is a deliberate choice of deflection.

SARCASM: Is a further extension of intolerance. A form of deliberate caustic humor or wit intended to wound and/or to make its victim the object of ridicule. Often I mean the exact opposite of what I am saying. It too takes the focus off my own inadequacies or insecurities. It allows me to express my form of anger through humor.

TAKING THINGS FOR GRANTED: Forgetting to be grateful for the blessings I have, such as my health, family, possessions, freedom, relationships, etc. Failing to appreciate; take notice of; or compliment others when they truly deserve it.

IMPATIENCE: Wanting right now that which may take time to achieve or acquire. Expecting others or myself to perform flawlessly without allowing room for others or myself to make mistakes. The results are often frustration, anger, and/or discontent.

WITHDRAWING: Keeping my problems to myself; refusing to share my thoughts and feelings with others. I.e: isolating, escaping through TV, computer, fantasy, romance novels, hobbies and hiding in groups of people.

AVOIDANCE: Simply ignoring or avoiding tension, problems, people, etc. whenever my personal sense of worth or esteem is threatened.

VIOLENCE: Acting out my anger, either physically or verbally. I.e: yelling; threatening; swearing; throwing objects; punching walls; driving too fast with others as my hostage. Hostile or defiant behaviour.

GOSSIPING: Running down others (while not in their presence). Often done as a way to build up my own self-esteem at someone else's expense.

LYING: Consciously deceiving others in order to escape consequences or avoid conflict; obtain something I desire; or appear more competent than I feel I am.

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