

## Character Defect Worksheet for Recovery

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### Worksheet Table

| Character Defect | How It Affects Me and Others  | Role in My Addiction                                       | Steps to Overcome It   |
|------------------|---|--|--|
| Pride            | Creates arrogance and prevents me from admitting mistakes, which isolates me from others. | Leads to denial of problems and rejection of help.         | Practice humility, accept feedback, and focus on gratitude.            |
| Self-Pity        | Makes me feel like a victim, draining motivation and pushing others away.                 | Justifies substance use as a way to "cope."                | Focus on positive outcomes and gratitude; challenge negative thoughts. |
| Resentment       | Harms relationships through anger and bitterness.   | Justifies drinking or using substances to escape feelings. | Write down resentments and actively practice forgiveness.              |
| Anger            | Leads to impulsive behavior and hurts relationships.                                      | Provides an excuse for escapism through substances.        | Pause before reacting, practice mindfulness, and journal emotions.     |
| Fear             | Paralyzes me from taking risks and causes insecurity.                                     | Fuels avoidance and dependency on substances.              | Face fears in small steps and trust a Higher Power.                    |
| Dishonesty       | Destroys trust with others and myself.  | Normalizes lying to cover up addiction.                    | Commit to truth-telling and take accountability for actions.           |
| Perfectionism    | Causes anxiety and procrastination due to fear of failure.                                | Encourages all-or-nothing thinking, leading to relapse.    | Accept progress over perfection and celebrate small wins.              |
| Jealousy         | Creates comparisons and bitterness towards others.  | Fuels low self-esteem and justifies escapism.              | Practice gratitude and focus on self-growth.                           |
| Laziness         | Leads to neglecting responsibilities and personal growth.                                 | Prevents progress in recovery.                             | Set achievable daily goals and take small steps toward improvement.    |

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| <b>Greed</b>           | <b>Focuses on material gain over emotional/spiritual well-being.</b>  | <b>Encourages unhealthy priorities and dissatisfaction.</b>    | <b>Practice generosity and simplify desires.</b>                       |
| <b>Selfishness</b>     | <b>Causes me to ignore others' needs and damages relationships.</b>   | <b>Fuels addiction by prioritizing personal desires.</b>       | <b>Practice acts of service and empathy toward others.</b>             |
| <b>Arrogance</b>       | <b>Pushes people away by rejecting advice and input.</b>              | <b>Avoids accountability and personal growth.</b>              | <b>Listen actively and embrace humility.</b>                           |
| <b>Control Issues</b>  | <b>Creates anxiety and conflict in relationships.</b>                 | <b>Triggers frustration and increases risk of relapse.</b>     | <b>Learn to let go of control and trust the recovery process.</b>      |
| <b>Impatience</b>      | <b>Harms progress by rushing outcomes and increasing frustration.</b> | <b>Encourages impulsive decisions.</b>                         | <b>Practice patience through mindfulness and focus on the present.</b> |
| <b>Procrastination</b> | <b>Delays actions and creates guilt and stress.</b>                   | <b>Inhibits progress in recovery and personal growth.</b>      | <b>Break tasks into small, manageable steps and set deadlines.</b>     |
| <b>Envy</b>            | <b>Fuels bitterness and dissatisfaction with life.</b>                | <b>Justifies self-loathing and escapism.</b>                   | <b>Practice gratitude and focus on your own journey.</b>               |
| <b>Blame</b>           | <b>Prevents accountability and damages trust with others.</b>         | <b>Justifies harmful behaviors by shifting responsibility.</b> | <b>Own your actions and focus on solutions rather than fault.</b>      |
| <b>Judgment</b>        | <b>Creates negativity and harms relationships.</b>                    | <b>Fuels isolation and self-righteousness.</b>                 | <b>Practice empathy and assume positive intent from others.</b>        |
| <b>Denial</b>          | <b>Prevents awareness of problems and solutions.</b>                  | <b>Allows addiction to continue unchecked.</b>                 | <b>Embrace honesty and seek support to face the truth.</b>             |
| <b>Intolerance</b>     | <b>Causes conflict and division in relationships.</b>                 | <b>Fuels frustration and anger.</b>                            | <b>Practice patience and understanding toward others' differences.</b> |
| <b>Impulsiveness</b>   | <b>Leads to reckless decisions that harm myself and others.</b>       | <b>Increases risk of relapse in high-stress moments.</b>       | <b>Pause before acting and reflect on potential outcomes.</b>          |
| <b>Guilt</b>           | <b>Drains emotional energy and self-worth.</b>                        | <b>Encourages escapism through substances.</b>                 | <b>Acknowledge mistakes and make amends where possible.</b>            |
| <b>Shame</b>           | <b>Creates self-hatred and isolation.</b>                             | <b>Fuels secrecy and continued addiction.</b>                  | <b>Practice self-forgiveness and</b>                                   |

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|                               |   |  | share openly in a safe space.                                 |
| <b>Manipulation</b>           | <b>Breeds distrust and damages relationships.</b>         | <b>Justifies deceit to maintain addiction.</b>                 | <b>Commit to honesty and respect others' autonomy.</b>        |
| <b>Overthinking</b>           | <b>Triggers anxiety and indecision.</b>                   | <b>Fuels obsessive thoughts and unhealthy behaviors.</b>       | <b>Practice mindfulness and focus on present actions.</b>     |
| <b>Self-Centeredness</b>      | <b>Neglects others' needs and damages connections.</b>    | <b>Focuses on addiction as a way to meet personal desires.</b> | <b>Engage in acts of service and cultivate empathy.</b>       |
| <b>Bitterness</b>             | <b>Harms emotional well-being and relationships.</b>      | <b>Encourages unhealthy coping mechanisms.</b>                 | <b>Focus on forgiveness and personal growth.</b>              |
| <b>Passive-Aggressiveness</b> | <b>Creates tension and undermines relationships.</b>      | <b>Fuels unresolved anger and resentment.</b>                  | <b>Communicate assertively and respectfully.</b>              |
| <b>Hypocrisy</b>              | <b>Damages trust and creates double standards.</b>        | <b>Harms recovery integrity and credibility.</b>               | <b>Align actions with values and practice consistency.</b>    |
| <b>Entitlement</b>            | <b>Leads to frustration when expectations aren't met.</b> | <b>Fuels selfish behaviors and justifies use.</b>              | <b>Practice humility and appreciate what you have.</b>        |
| <b>Negativity</b>             | <b>Lowers motivation and optimism.</b>                    | <b>Encourages defeatist thinking and relapse.</b>              | <b>Focus on solutions and list daily positives.</b>           |
| <b>Defensiveness</b>          | <b>Blocks constructive feedback and growth.</b>           | <b>Encourages stubbornness and isolates from support.</b>      | <b>Listen openly and accept criticism constructively.</b>     |
| <b>Low Self-Esteem</b>        | <b>Breeds insecurity and lack of confidence.</b>          | <b>Fuels dependency on substances for validation.</b>          | <b>Practice self-affirmations and seek support.</b>           |
| <b>Need for Approval</b>      | <b>Causes people-pleasing behaviors and anxiety.</b>      | <b>Fuels dependency on others for self-worth.</b>              | <b>Prioritize self-acceptance and set healthy boundaries.</b> |
| <b>Isolation</b>              | <b>Increases loneliness and depression.</b>               | <b>Avoids accountability and healing.</b>                      | <b>Stay connected with support groups and loved ones.</b>     |
| <b>Escapism</b>               | <b>Prevents addressing underlying issues.</b>             | <b>Normalizes substances as a coping mechanism.</b>            | <b>Face challenges directly and seek professional help.</b>   |
| <b>Rigidity</b>               | <b>Creates conflict and limits flexibility.</b>           | <b>Blocks adaptation in recovery.</b>                          | <b>Embrace openness and new perspectives.</b>                 |

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| <b>Criticism</b>     | <b>Harms others' confidence and fosters negativity.</b> | <b>Fuels resentment in relationships.</b>         | <b>Practice encouragement and kindness.</b>               |
| <b>Avoidance</b>     | <b>Delays resolution and prevents healing.</b>          | <b>Normalizes denial and numbing behaviors.</b>   | <b>Confront challenges gradually and seek help.</b>       |
| <b>Obsessiveness</b> | <b>Increases stress and exhaustion.</b>                 | <b>Encourages compulsive behaviors.</b>           | <b>Set healthy boundaries and focus on self-care.</b>     |
| <b>Victimhood</b>    | <b>Blames others for personal struggles.</b>            | <b>Prevents accountability and empowerment.</b>   | <b>Take responsibility and focus on positive actions.</b> |
| <b>Distrust</b>      | <b>Creates anxiety and blocks connections.</b>          | <b>Fuels isolation and fear of vulnerability.</b> | <b>Build trust gradually and practice openness.</b>       |



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| <b>Judgment</b>          | Creates negativity and harms relationships.              | Fuels isolation and self-righteousness.                 | Practice empathy and assume positive intent from others.        |
| <b>Denial</b>            | Prevents awareness of problems and solutions.            | Allows addiction to continue unchecked.                 | Embrace honesty and seek support to face the truth.             |
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