## **Character Defect Self-Reflection**

Choose the character flaws that lead to troubling outcomes and reflect on triggers and consequences.

Print a clean sheet for each defect you'll address.

Character flaw:	
Explore what's triggering this response:	
What have the past consequences been?	
What skills or strength should you focus on building instead?	



icarusbehavioralhealthnevada.com | 702.723.4774