

AA List of Character Defects

Identify and remove the common character defects that are stopping your recovery. Rate each of the 10 following traits according to how often you experience them:

1 - Anger ☐ Rarely ☐ Sometimes ☐ Often

2 - Fear ☐ Rarely ☐ Sometimes ☐ Often

3 - Dishonesty ☐ Rarely ☐ Sometimes ☐ Often

4 - Pride ☐ Rarely ☐ Sometimes ☐ Often

5 - Control ☐ Rarely ☐ Sometimes ☐ Often

6 - Judgment ☐ Rarely ☐ Sometimes ☐ Often

7 - Self-pity ☐ Rarely ☐ Sometimes ☐ Often

8 - Procrastination ☐ Rarely ☐ Sometimes ☐ Often

9 - Perfectionism ☐ Rarely ☐ Sometimes ☐ Often

10 - Resentment ☐ Rarely ☐ Sometimes ☐ Often



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