

Step Seven Worksheets

Character Defects List

Step 7—Worksheet 1

Below, list the character defects you feel apply to you.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____

Step Seven Character Defects to Give to Higher Power

Week 1 of 9

Step 7—Worksheet 2

1—

- perfectionistic
- rigid/inflexible
- critical/negative
- judgmental
- angry
- intolerant
- bitter
- anal
- impatient
- obsessive
- rationalize
- control
- tense
- disrespectful
- fear of being wrong

Directions: Using the above list, choose your top two to five defects of character that you want your Higher Power to remove. You may refer to your Assets and Liabilities Checklist, WorkSheet 2 and your Inner/Red Circles diagram from Step Four as a resource. Answer each of the questions for each defect you would like to give to Higher Power.

We will continue this process, highlighting different character defects each week throughout Step Seven. If you need additional copies, print the following page.

Questions	My Answers
What is your character defect?	
What is the definition of this defect?	
How has this defect helped me in the past?	
How has this defect hurt me in the past?	
How has this defect hurt others in the past?	
How ready are you for your Higher Power to remove this defect of character?	Not ready 1 2 3 4 5 Completely Ready (Circle your answer)
If you're not ready, what is the benefit of holding on to it?	
What asset do I want to use in my life to replace this defect of character?	

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Step Seven Character Defects to Give to Higher Power

Week 2 of 9

Step 7—Worksheet 3

2—

- pride
- vain
- glory
- manipulative
- smothering
- possessive
- needs others to depend on them
- martyr complex
- hypochondria
- needy
- resentful
- negative
- two-faced
- ungrateful

Directions: Using the above list, choose your top three to five defects of character that you want your Higher Power to remove. You may refer to your Assets and Liabilities Checklist, WorkSheet 2 and your Inner/Red Circles diagram from Step Four as a resource. Answer each of the questions for each defect you would like to give to Higher Power.

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Step Seven Character Defects to Give to Higher Power

Week 3 of 9

Step 7—Worksheet 4

3—

- grandiose
- arrogant
- competitive
- overachievers
- image conscious
- insensitive
- feeling
- worthless
- chameleon/phony
- self-deceit
- image vs. substance
- jealous
- dishonest
- lack of integrity
- self-centered
- driven
- braggart
- emotionally unavailable
- deceit of others
- irresponsible

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Step Seven Character Defects to Give to Higher Power

Week 4 of 9

Step 7—Worksheet 5

4—

- individualistic
- feelings of special
- self-pity
- self-loathing/
self-condemning
- dominated by feelings
- envy
- above the rule
- alienation from others
- moody
- aloof
- hopelessness
- victim
- ungrateful
- self-indulgent
- withdrawn
- harsh
- remorseful
- dependent
- inhibited

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Step Seven Character Defects to Give to Higher Power

Week 5 of 9

Step 7—Worksheet 6

5—

- cynical/skeptical
- detached
- loner
- avarice (their time, resources, information)
- eccentric
- fear
- dependent
- antagonistic
- overly sensitive
- restless
- pessimistic
- emotionally needy
- disdainful
- non-supportive

Directions: Using the above list, choose your top three to five defects of character that you want your Higher Power to remove. You may refer to your Assets and Liabilities Checklist WorkSheet 2 and your Inner/Red Circles diagram from Step Four as a resource. Answer each of the questions for each defect you would like to give to Higher Power.

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Step Seven Character Defects to Give to Higher Power

Week 6 of 9

Step 7—Worksheet 7

6—

- don't trust themselves
- fear-based apathy
- fear of being alone
- rebellious
- fear of others
- self-doubt/unsure
- passive-aggressive
- procrastinate
- self-defeating
- overreactive
- excitable
- anxious
- miserly
- suspicious
- insecure
- blaming
- defensive
- pessimism

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Step Seven Character Defects to Give to Higher Power

Week 7 of 9

Step 7—Worksheet 8

7—

- superficial
- easily bored
- impulsive
- escapist
- restless/nervous
- destructive
- gluttony-the obsession of needing more of anything: food/experience, etc.
- fear of deprivation
- irresponsible
- blaming
- insecure
- overly dramatic
- materialistic
- hyperactive/need for excitement
- undisciplined
- self-centered
- need for immediate gratification
- anxious

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Step Seven Character Defects to Give to Higher Power

Week 8 of 9

Step 7—Worksheet 9

8—

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- rigid/inflexible
- critical/negative
- judgmental
- angry
- intolerant
- bitter
- anal
- impatient
- obsessive
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Step Seven Character Defects to Give to Higher Power

Week 9 of 9

Step 7—Worksheet 10

9—

- complacent
- stubborn
- passive
- neglectful
- repressed
- slothful
- fatalistic
- denial
- aggressive
- dependent
- given to fantasy
- self-neglect
- simplistic
- rigid
- compliant
- vicarious
- asleep
- self-deprecating
- fickle
- shallow
- pessimistic
- powerless
- shunning
- fear of change
- inattentive
- weak
- lazy

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