

Character Defect	Description	Godly Quality
Self-centredness	Focusing on own needs; being inconsiderate of other's needs, wants and feelings	Intentionally doing something for someone else who cannot pay you back.
Blaming	Not accepting responsibility for own feelings and actions. Identifying other people, places, things as the cause.	Call someone you have blame, apologise and take responsibility for your part.
Self-justification	Defending behaviour by rationalizing or excusing irresponsible acts.	When confronted with error, ask God if you're at fault. If so, acknowledge it.
Pride	Unrealistic assessment of my strengths, abilities or talents at expense of others. Unwilling to admit weaknesses.	While acknowledging strengths, acknowledge areas of growth. Serve someone without recognition
False humility	Difficulty identifying my positive qualities, having low self-esteem, unable to accept compliments	Accept the thanks or a compliment from someone. Acknowledge your gifts and how they can be used.
Impulsiveness	Acting or talking before thinking of the consequences	Carefully use the "law of delay." Wait patiently for right time to act or speak.
Envy/Jealousy	Wanting something someone else has, fearful of losing something I already have, resentment towards the good fortune of others	Compliment a person you envy on what they have. Give something you cherish to someone who could use it.
Phoniness	Pretending to be someone or something I am not, trying to look good in front of others, and hiding feeling to put on false front.	Tell someone you trust you've not been all you appear to be. Tell them how you believe God created you – your strengths and weaknesses.
Manipulation	Using silence, absence, conning words or power to get others to comply with my wishes (i.e. money, drugs, sex, assistance, etc)	Allow someone to get what they want or get their way at the expense of your desires. Hold their priorities over yours.

Character Defect	Description	Godly Quality
People Pleasing	Being compliant or passive, disregarding your own needs by not asserting yourself to others	Say “No!” to things you should not do, say or think.
Self-Pity	Feeling sorry for yourself, that people don’t understand or respect you. Being a victim	Take responsibility for future. Be thankful for new opportunities.
Perfectionism	Having unrealistic expectations of others or yourself. Being fearful of making mistakes.	Pursue excellence without having to prove yourself. Identify areas that need to say, “Good enough!”
Intolerance	Being unable to accept others as they are; being narrow minded and opinionated. Focusing on faults of others.	Listen careful to other people’s life-stories. Understand their values, see the world through their eyes.
Withdrawing	Keeping my problems to myself, never sharing my thoughts or emotions. Isolating from meaningful relationships.	Share a formative story with a trusted person. When tempted to withdraw, share what you’re feeling.
Avoidance	Ignoring or avoiding tension, problems and people when feeling challenged or threatened.	Intentionally raise an unresolved issue with someone you can reconcile with.
Violence	Acting out anger, physically or verbally; demonstrating hostile or threatening behaviour	When feeling angry, breath slowly, count to 10, verbalize your emotions. Read Mt 5-7.
Gossip	Running down others when they’re not around in order to build up your own self-esteem	Develop discipline of talking to God, rather than others. Uphold other person in prayer.
Lying	Consciously deceiving others in order to escape consequences, conflict, or obtain something you desire	Ask God to reveal truth to you. Tell someone the truth about a lie you’ve told in the past.