

Character Development

Character & Emotions

Step-Working Guide · The Recovery Files

In this workbook

1. **Character Development** — key ideas, worksheet

Each topic's scored self-assessment and mind map are in the app.

TOPIC

Character Development

KEY IDEAS

Character Development

From Removing Defects to Building Character

Steps Six and Seven are often described as having defects removed. In practice, a defect rarely just disappears — something grows in its place. Character development is the active side of that change: deliberately practicing the qualities that crowd out the old patterns, one ordinary day at a time.

Humility as the Foundation

Seeing Yourself Accurately

Humility is not thinking less of yourself. It is seeing yourself accurately — no larger and no smaller than you are. It lets you admit what needs to change without collapsing into shame, and accept help and feedback without defending. Every other quality grows more easily in that soil.

Every Defect Has an Opposite

Knowing What You Are Building Toward

Dishonesty gives way to honesty. Pride to humility. Fear to courage and trust. Resentment to forgiveness. Selfishness to service. Impatience to patience. Naming the opposite turns "stop doing that" into "start practicing this" — a direction you can actually walk in.

Practice, Not Just Intention

Contrary Action

Character is built by doing, often before feeling. When the old pattern pulls, do the opposite on purpose: tell the truth when a lie would be easier, listen when you want to interrupt, ask for help when you want to handle it alone. Each contrary action is a repetition that makes the next one a little easier.

Small, Daily Repetitions

Morning Intention, Evening Review

A simple daily rhythm carries this work: in the morning, choose one quality to practice that day; in the evening, look back honestly at where you practiced it and where the old pattern won. This is the spirit of Step Ten applied to growth — not a daily trial, but a daily training log.

Mirrors and Feedback

We Cannot See Ourselves Alone

Blind spots are, by definition, invisible to us. A sponsor, trusted friends, family members, and the people we work with can see changes — and old patterns — that we miss. Asking "Where have you seen me grow, and where do I still do the old thing?" takes courage, and it speeds growth enormously.

Setbacks Are Data

Patterns Return Before They Fade

Old defects come back, especially under stress, fatigue, or hunger. That is not proof that nothing has changed. The difference shows in how quickly you notice, how quickly you make it right, and how much less often it happens over months. Look for the trend, not the single day.

Character in All Affairs

One Person, Everywhere

Growth that only happens in meetings is fragile. The real test is at home, at work, in traffic, with money, and with people who don't know you are in recovery. Character development aims for one consistent person across all of those places.

The Promise

Becoming Someone You Can Trust

Over time, people in recovery find that they react differently to situations that used to baffle them, and that others begin to rely on them again. Most important, they come to trust themselves. That is the fruit of character development: a life you no longer need to escape from.

WORKSHEET

Character Development Worksheet

MAP

What I Am Building Toward

Pick three defects from your inventory. For each, name the opposite quality and describe it in ordinary, observable terms.

Pair 1

The defect:

Its opposite quality:

What that quality would look like on an ordinary Tuesday — at home, at work, in traffic:

Pair 2

The defect:

Its opposite quality:

What that quality would look like on an ordinary Tuesday — at home, at work, in traffic:

Pair 3

The defect:

Its opposite quality:

What that quality would look like on an ordinary Tuesday — at home, at work, in traffic:

CONTRARY

My Contrary Action Plan

Choose situations where the old pattern reliably shows up. Decide ahead of time what you will do instead.

Situation 1

The situation (who, where, what usually sets it off):

My old response:

The contrary action I will take instead:

The first time I tried it — what happened and how it felt:

Situation 2

The situation (who, where, what usually sets it off):

My old response:

The contrary action I will take instead:

The first time I tried it — what happened and how it felt:

Situation 3

The situation (who, where, what usually sets it off):

My old response:

The contrary action I will take instead:

The first time I tried it — what happened and how it felt:

DAILY

Seven Days of Intention and Review

Each morning, write the one quality you will practice. Each evening, write one place you practiced it and one place the old pattern won. Short answers are fine.

Day 1

Morning — the quality I will practice today:

Evening — where I practiced it, and where the old pattern won:

Day 2

Morning — the quality I will practice today:

Evening — where I practiced it, and where the old pattern won:

Day 3

Morning — the quality I will practice today:

Evening — where I practiced it, and where the old pattern won:

Day 4

Morning — the quality I will practice today:

Evening — where I practiced it, and where the old pattern won:

Day 5

Morning — the quality I will practice today:

Evening — where I practiced it, and where the old pattern won:

Day 6

Morning — the quality I will practice today:

Evening — where I practiced it, and where the old pattern won:

Day 7

Morning — the quality I will practice today:

Evening — where I practiced it, and where the old pattern won:

FEEDBACK

Mirrors: Asking Others

Ask two people who know you well — a sponsor, a friend, a family member — these two questions, and write down what they say without arguing with it.

Person 1

Who I asked (initials or role is enough):

Where have you seen me grow?

Where do you still see the old pattern?

My honest reaction to what I heard:

Person 2

Who I asked (initials or role is enough):

Where have you seen me grow?

Where do you still see the old pattern?

My honest reaction to what I heard:

REVIEW

Looking for the Trend

Which quality has grown most over the last month? What is the evidence?

Which pattern has been most stubborn? What seems to set it off?

How have I handled setbacks — faster to notice, faster to make it right?

The one quality I will focus on next month, and my first contrary action:
