

Character Defects & Addiction Timeline

[Mapping board](#) · [Recovery Timelines](#) · [The Recovery Files](#)

Printable fill-in version: write your answers on the lines. The interactive board, its charts and your saved entries stay in the app.

Character Defects & the Addiction Timeline

Map the parallel development of character defects alongside your addiction — revealing how patterns of behavior and substance use grew together, fed each other, and can now be transformed through conscious recovery work.

If You're in Crisis: SAMHSA: 1-800-662-4357 · 988 Lifeline: Call or text 988 · Crisis Text: Text HOME to 741741

This tool is designed for use alongside professional treatment and is not a substitute for clinical care.

If you are in crisis, please call 988 or visit your nearest emergency room.

Character Defects & Addiction: The Parallel Timeline

Character defects don't appear overnight, and they don't develop in isolation from addiction. They grow together — each feeding the other in a spiral that can span decades. This mapping board helps you trace both timelines side by side, revealing how the person you became was shaped by both the defects you carried AND the substances you used.

The Feedback Loop

Character defects and addiction don't just coexist — they amplify each other in a destructive feedback loop. Fear drives you to use. Using deepens dishonesty. Dishonesty creates resentment. Resentment justifies more use. More use intensifies selfishness. Selfishness damages relationships. Damaged relationships fuel self-pity. Self-pity gives permission to use again.

How to Use This Tool

1. Study the Defect Library — Understand each character defect, how it develops, and its specific connection to addiction. Rate your personal intensity for each.
2. Map the Dual Timeline — Walk through each life phase and identify which defects were active alongside your addiction progression.
3. Analyze Behavior Patterns — Use the Pattern Analysis to examine how your defects operated across different life domains.
4. Defect-to-Asset Conversion — For each defect, identify the opposite virtue and create a concrete plan for cultivating it. This is the heart of Steps 6 and 7.
5. Integration — Step back and see the full picture — the top patterns, the deepest work ahead, and the transformation already underway.

The 12 Character Defects

□ Selfishness & Self-Centeredness

The World Revolves Around Me

★ Dishonesty & Deception

The Truth Is Whatever Works

☐ Resentment & Bitterness

The Poison I Drink

🌀 Fear & Anxiety

The Invisible Prison

☐ Pride & Grandiosity

Better Than / Worse Than

☐ Need for Control

The Illusion of Safety

☹ Self-Pity & Victimhood

Poor Me, Poor Me, Pour Me a Drink

⚡ Impatience & Impulsivity

I Want What I Want When I Want It

☐ Jealousy & Envy

Why Them and Not Me

☐ Laziness & Avoidance

The Comfortable Cage

☐ People-Pleasing & Approval-Seeking

The Shape-Shifter

☐ Lust & Excess

More Is Never Enough

Character Defect Library

Each defect is explored in depth: what it is, how it develops, how it connects to addiction, and what its opposite asset looks like.

An excessive focus on your own needs, wants, and comfort at the expense of others. In addiction, self-centeredness becomes the organizing principle of life — every decision filters through "what do I need right now?"

How This Defect Develops

Often begins as a survival mechanism in childhood — if your needs weren't met, you learned to prioritize yourself because nobody else would. Addiction magnifies this into full-blown

self-obsession because the disease demands constant attention, feeding, and protection.

□ **Connection to Addiction**

Addiction IS self-centeredness in action. Every lie, manipulation, and broken promise serves one master: the next use. The addicted brain reorganizes all priorities around acquiring and using substances, making self-centeredness not just a character flaw but a neurological imperative.

Behavioral Examples

- ▶ Taking the last of something without considering others
- ▶ Making decisions that affect others without consulting them
- ▶ Expecting others to accommodate your needs while ignoring theirs
- ▶ Steering every conversation back to yourself
- ▶ Using people as means to your ends

Impact Across Life Domains

relationships

Partners feel invisible, unimportant, used

family

Family members become tools for getting what you need

work

Colleagues see you as unreliable and self-serving

friendships

Friendships become transactional — what can they do for me?

spiritual

Inability to connect to anything larger than yourself

♦ The Opposite Asset

Generosity, consideration, service to others, empathy

Your Personal Assessment

Current Intensity (1–10)

[1–10] 5

How strongly did this defect contribute to your addiction? (1–10)

[1–10] 5

When did you first notice this defect operating in your life? Describe a specific moment when it was undeniably present. How did it connect to your substance use? What did it cost you?

Your honest self-assessment...

How has this defect shown up in your recovery? Is it diminishing, unchanged, or showing up in new ways?

How this defect operates in your recovery...

A pattern of lying, omitting, manipulating, and deceiving — not just others, but yourself. In addiction, dishonesty becomes so pervasive that you lose the ability to distinguish truth from the stories you've constructed.

How This Defect Develops

Dishonesty often begins as self-protection — lying to avoid punishment, shame, or conflict. As addiction progresses, the lies become structural — you need them to maintain the addiction, maintain relationships, and maintain the illusion that everything is fine.

□ Connection to Addiction

Addiction cannot survive in honesty. Every active addiction requires a scaffolding of lies — to yourself about the severity, to others about your behavior, to employers about your reliability. Dishonesty is addiction's immune system, protecting it from the truth that would demand change.

Behavioral Examples

- ▶ Lying about how much you used
- ▶ Creating elaborate cover stories
- ▶ Manipulating situations through half-truths

▶ Denying obvious realities

- ▶ Presenting different versions of yourself to different people
- ▶ Lying when the truth would work just as well

Impact Across Life Domains

relationships

Trust destroyed — partners can't believe anything you say

family

Family members become hypervigilant, always looking for the lie
work

Professional reputation ruined when deceptions unravel
friendships

Nobody knows the real you — relationships built on fiction
spiritual

Disconnection from your authentic self

✦ The Opposite Asset

Honesty, transparency, integrity, authenticity

Your Personal Assessment

Current Intensity (1-10)

[1-10] 5

How strongly did this defect contribute to your addiction? (1-10)

[1-10] 5

When did you first notice this defect operating in your life? Describe a specific moment when it was undeniably present. How did it connect to your substance use? What did it cost you?

Your honest self-assessment...

How has this defect shown up in your recovery? Is it diminishing, unchanged, or showing up in new ways?

How this defect operates in your recovery...

Chronic anger toward people, institutions, or situations that you believe have wronged you. Resentment is re-feeling the injury over and over, keeping old wounds fresh and using them as justification.

How This Defect Develops

Resentment builds from real or perceived injustices that were never resolved. Childhood wounds, betrayals, disappointments, and unmet expectations accumulate. Without healthy processing, these grievances calcify into a worldview: life is unfair, people can't be trusted, I've been dealt a bad hand.

□ Connection to Addiction

Resentment is often called "the number one offender" in recovery literature because it provides an inexhaustible supply of justification for use. "After what they did to me, I deserve this drink." Every resentment is a permission slip to use, and every use generates new resentments.

Behavioral Examples

- ▶ Keeping mental scorecards of wrongs done to you
- ▶ Bringing up old grievances in new arguments
- ▶ Fantasizing about revenge or vindication
- ▶ Refusing to forgive even when it harms you
- ▶ Defining yourself by what was done TO you

Impact Across Life Domains

relationships

Partners walk on eggshells around unresolved anger

family

Old family wounds weaponized and recycled endlessly

work

Grudges against bosses or colleagues poison the work environment

friendships

Friends exhausted by the same grievance stories on repeat

spiritual

Bitterness blocks gratitude, hope, and connection

✦ The Opposite Asset

Forgiveness, acceptance, letting go, compassion

Your Personal Assessment

Current Intensity (1-10)

[1-10] 5

How strongly did this defect contribute to your addiction? (1-10)

[1-10] 5

When did you first notice this defect operating in your life? Describe a specific moment when it was undeniably present. How did it connect to your substance use? What did it cost you?

Your honest self-assessment...

How has this defect shown up in your recovery? Is it diminishing, unchanged, or showing up in new ways?

How this defect operates in your recovery...

A pervasive, often unnamed dread that drives behavior from the shadows. Fear of rejection, failure, abandonment, exposure, inadequacy, change, success, intimacy, and the unknown.

How This Defect Develops

Fear often originates in early experiences of instability, unpredictability, or trauma. When the world feels unsafe, hypervigilance becomes default. Addiction initially "solves" fear by numbing it — but as the disease progresses, it generates exponentially more fear.

□ Connection to Addiction

Fear is the engine running beneath most addictive behavior. Using begins as a solution to fear and eventually becomes the primary source of it. The paradox is complete: you use because you're afraid, and you're afraid because you use.

Behavioral Examples

- ▶ Avoiding difficult conversations
- ▶ People-pleasing to prevent rejection
- ▶ Refusing to try new things
- ▶ Procrastinating on important decisions
- ▶ Staying in harmful situations because change feels worse
- ▶ Using substances to face social situations

Impact Across Life Domains

relationships

Inability to be vulnerable; emotional walls

family

Avoidance of family conflict leaves issues festering

work

Playing it safe stunts career; avoiding feedback

friendships

Superficial connections because depth feels dangerous

spiritual

Fear blocks surrender, trust, and openness to growth

✦ The Opposite Asset

Courage, faith, trust, acceptance of uncertainty

Your Personal Assessment

Current Intensity (1-10)

[1-10] 5

How strongly did this defect contribute to your addiction? (1-10)

[1-10] 5

When did you first notice this defect operating in your life? Describe a specific moment when it was undeniably present. How did it connect to your substance use? What did it cost you?

Your honest self-assessment...

How has this defect shown up in your recovery? Is it diminishing, unchanged, or showing up in new ways?

How this defect operates in your recovery...

An inflated or deflated sense of self that puts you at the center. Pride isn't just thinking too highly of yourself — it's also the "reverse pride" of believing you're uniquely broken, uniquely unable to recover, or uniquely unworthy.

How This Defect Develops

Pride develops as compensation for deep insecurity. If you grew up feeling "not enough," you may have built an inflated persona to survive. Alternatively, shame can produce "terminal uniqueness" — the belief that your situation is so different that normal rules don't apply to you.

□ Connection to Addiction

Pride says "I don't need help" and "my situation is different." It prevents asking for help, resists accountability, and rejects guidance from people who've walked the same path. Reverse pride says "I'm too far gone" — both sides of pride keep you stuck.

Behavioral Examples

- ▶ Refusing to ask for help
- ▶ Believing you're smarter than your counselor or sponsor
- ▶ Comparing yourself favorably to "worse" addicts
- ▶ Believing rules don't apply to you
- ▶ "I already know that" when receiving guidance
- ▶ Unable to admit when you're wrong

Impact Across Life Domains

relationships

Partners feel dismissed, talked down to

family

Family advice rejected because "they don't understand"

work

Inability to receive feedback or work collaboratively

friendships

Others feel judged or inferior around you

spiritual

Can't surrender to a power greater than yourself

✦ The Opposite Asset

Humility, right-sized self-perception, teachability

Your Personal Assessment

Current Intensity (1-10)

[1-10] 5

How strongly did this defect contribute to your addiction? (1-10)

[1-10] 5

When did you first notice this defect operating in your life? Describe a specific moment when it was undeniably present. How did it connect to your substance use? What did it cost you?

Your honest self-assessment...

How has this defect shown up in your recovery? Is it diminishing, unchanged, or showing up in new ways?

How this defect operates in your recovery...

The compulsive need to manage outcomes, people, and situations. Control is the attempt to create safety by eliminating uncertainty — but it creates rigidity, exhaustion, and damaged relationships.

How This Defect Develops

Control develops in chaotic environments. If your childhood was unpredictable — if the adults were unreliable, volatile, or absent — you learned that the only way to feel safe was to manage everything yourself. This survival strategy becomes a character defect when applied indiscriminately.

□ Connection to Addiction

The supreme irony: addiction is a control problem. You tried to control how you feel, and the substance took control of you. In recovery, the need for control resists surrender, resists trusting the process, and creates the white-knuckle sobriety that leads to relapse.

Behavioral Examples

- ▶ Micromanaging others
- ▶ Anxiety when plans change
- ▶ Difficulty delegating
- ▶ Controlling conversations and outcomes
- ▶ Planning excessively to prevent uncertainty
- ▶ Believing your way is the only right way

Impact Across Life Domains

relationships

Partners feel suffocated, not trusted

family

Family dynamics become rigid and tense

work

Bottlenecking because you can't let others contribute

friendships

Friends feel managed rather than cared for
spiritual

Inability to accept what you cannot change

✦ The Opposite Asset

Surrender, trust, flexibility, letting go

Your Personal Assessment

Current Intensity (1-10)

[1-10] 5

How strongly did this defect contribute to your addiction? (1-10)

[1-10] 5

When did you first notice this defect operating in your life? Describe a specific moment when it was undeniably present. How did it connect to your substance use? What did it cost you?

Your honest self-assessment...

How has this defect shown up in your recovery? Is it diminishing, unchanged, or showing up in new ways?

How this defect operates in your recovery...

A chronic focus on your own suffering that positions you as the victim of circumstances, people, and life itself. Self-pity demands sympathy while rejecting responsibility.

How This Defect Develops

Self-pity often begins with legitimate suffering that was never validated or processed. If your pain was minimized or dismissed, you may have learned to amplify it to be heard. Over time, the victim identity becomes comfortable — it explains everything and demands nothing.

□ Connection to Addiction

Self-pity is one of addiction's most reliable fuel sources. "Nobody understands my pain" justifies continued use. The victim narrative removes agency — if life is happening TO you, you bear no responsibility for your choices. Recovery requires reclaiming agency, which self-pity actively resists.

Behavioral Examples

- ▶ Comparing your struggles to others' advantages
- ▶ "Why does this always happen to me?"
- ▶ Using your history as an excuse for present behavior
- ▶ Rejecting solutions in favor of sympathy
- ▶ Romanticizing your suffering

Impact Across Life Domains

relationships

Partners become exhausted caretakers

family

Family members feel guilt-tripped and manipulated

work

Seen as negative, draining, and excuse-making

friendships

Friends avoid you — every interaction is heavy

spiritual

Gratitude becomes impossible; blessings invisible

♦ The Opposite Asset

Gratitude, accountability, resilience, perspective

Your Personal Assessment

Current Intensity (1-10)

[1-10] 5

How strongly did this defect contribute to your addiction? (1-10)

[1-10] 5

When did you first notice this defect operating in your life? Describe a specific moment when it was undeniably present. How did it connect to your substance use? What did it cost you?

Your honest self-assessment...

How has this defect shown up in your recovery? Is it diminishing, unchanged, or showing up in new ways?

How this defect operates in your recovery...

The inability to tolerate delay, discomfort, or the natural pace of growth. Impatience demands immediate gratification and interprets waiting as suffering.

How This Defect Develops

Impatience often develops when instant gratification was either modeled or became necessary for emotional survival. Addiction dramatically accelerates this — substances provide instant mood change, training the brain to expect immediate relief from all discomfort.

□ Connection to Addiction

Substances are the ultimate answer to impatience — immediate chemical relief from any unwanted feeling. Recovery requires the opposite: sitting with discomfort, trusting slow processes, accepting that healing takes time. Impatience in recovery sounds like "I've been sober for three weeks — why isn't my life better yet?"

Behavioral Examples

- ▶ Road rage and irritability in lines
- ▶ Abandoning projects that don't produce quick results
- ▶ Making impulsive decisions
- ▶ Interrupting others
- ▶ Expecting immediate trust after years of broken promises
- ▶ Frustration with the pace of recovery

Impact Across Life Domains

relationships

Partners feel pressured, rushed, unheard

family

Conflict over expectations for immediate forgiveness

work

Poor decision-making, cutting corners, burning out

friendships

Seen as intense, demanding, hard to be around

spiritual

Inability to sit in stillness or trust timing

◆ The Opposite Asset

Patience, delayed gratification, trust in process

Your Personal Assessment

Current Intensity (1-10)

[1-10] 5

How strongly did this defect contribute to your addiction? (1-10)

[1-10] 5

When did you first notice this defect operating in your life? Describe a specific moment when it was undeniably present. How did it connect to your substance use? What did it cost you?

Your honest self-assessment...

How has this defect shown up in your recovery? Is it diminishing, unchanged, or showing up in new ways?

How this defect operates in your recovery...

Resentment toward others for what they have — possessions, relationships, qualities, opportunities, or sobriety quality. Jealousy compares your insides to others' outsides and always finds you lacking.

How This Defect Develops

Jealousy grows from a deep belief in scarcity — that there isn't enough (love, success, happiness) to go around, so someone else's gain is your loss. This often roots in childhood competition for resources, attention, or approval.

□ Connection to Addiction

Jealousy in recovery is dangerous because it undermines connection. "Their recovery is easier than mine," "They have support I don't have," "Why can they drink normally?" These comparisons breed isolation and resentment — both relapse precursors.

Behavioral Examples

- ▶ Comparing your recovery to others' recovery
- ▶ Resentment when others succeed
- ▶ Inability to celebrate others' achievements

- Possessiveness in relationships
- Downplaying others' accomplishments

Impact Across Life Domains

relationships

Possessiveness, suspicion, controlling behavior

family

Sibling rivalries and competition for parental approval

work

Undermining colleagues, office politics, backstabbing

friendships

Can't be happy for friends' successes

spiritual

Blocks gratitude for your own gifts and progress

✦ **The Opposite Asset**

Contentment, gratitude, celebration of others, abundance mindset

Your Personal Assessment

Current Intensity (1-10)

[1-10] 5

How strongly did this defect contribute to your addiction? (1-10)

[1-10] 5

When did you first notice this defect operating in your life? Describe a specific moment when it was undeniably present. How did it connect to your substance use? What did it cost you?

Your honest self-assessment...

How has this defect shown up in your recovery? Is it diminishing, unchanged, or showing up in new ways?

How this defect operates in your recovery...

Not just physical inaction, but the habitual avoidance of effort, discomfort, responsibility, and growth. It's choosing comfort over everything — even when comfort is slowly killing you.

How This Defect Develops

Avoidance often develops as a response to overwhelming demands or repeated failure. If effort consistently led to disappointment, the brain learns to conserve energy by not trying. Addiction reinforces this profoundly — why struggle when a substance instantly changes how you feel?

□ Connection to Addiction

Addiction is the path of least resistance to emotional regulation. Why build coping skills when a substance works in seconds? Why face problems when you can numb them? In recovery, laziness manifests as doing the minimum — attending meetings but not engaging, having a sponsor but never calling.

Behavioral Examples

- ▶ Doing the minimum required
- ▶ **Procrastinating on recovery work**
- ▶ Avoiding difficult emotions by staying busy with trivial things
- ▶ Not following through on commitments
- ▶ Choosing easy tasks over meaningful ones

Impact Across Life Domains

relationships

Partners carry the emotional and practical load

family

Seen as unreliable; others stop expecting anything

work

Underperformance, missed opportunities, stagnation

friendships

Never the one to reach out, plan, or initiate

spiritual

Growth stalls; complacency becomes the default

♦ The Opposite Asset

Discipline, initiative, engagement, willingness

Your Personal Assessment

Current Intensity (1-10)

[1-10] 5

How strongly did this defect contribute to your addiction? (1-10)

[1-10] 5

When did you first notice this defect operating in your life? Describe a specific moment when it was undeniably present. How did it connect to your substance use? What did it cost you?

Your honest self-assessment...

How has this defect shown up in your recovery? Is it diminishing, unchanged, or showing up in new ways?

How this defect operates in your recovery...

Compulsively prioritizing others' approval over your own authenticity, needs, and boundaries. Saying yes when you mean no. Becoming whoever the room needs you to be.

How This Defect Develops

People-pleasing typically develops when love or safety was conditional on performance or compliance. If being yourself wasn't enough, you learned to perform. This becomes a character defect when your entire identity is built on external validation.

□ Connection to Addiction

People-pleasing drives use in social contexts — drinking to fit in, using to be accepted. In recovery, it prevents authentic connection, honest communication, and the boundary-setting essential for sobriety. The people-pleaser says yes to the party, yes to the drink, yes to anything that avoids conflict.

Behavioral Examples

- ▶ Agreeing with people you actually disagree with
- ▶ Overcommitting and then resenting it
- ▶ Avoiding conflict at all costs
- ▶ Changing your personality based on who you're with

- Difficulty saying no, even to dangerous situations

Impact Across Life Domains

relationships

Partners never know the real you; resentment builds silently

family

Playing the role the family assigns instead of being authentic

work

Overworked, underappreciated, boundaries violated

friendships

Friendships built on performance rather than connection

spiritual

Disconnected from your true self and true needs

♦ The Opposite Asset

Authenticity, healthy boundaries, self-respect, honest communication

Your Personal Assessment

Current Intensity (1-10)

[1-10] 5

How strongly did this defect contribute to your addiction? (1-10)

[1-10] 5

When did you first notice this defect operating in your life? Describe a specific moment when it was undeniably present. How did it connect to your substance use? What did it cost you?

Your honest self-assessment...

How has this defect shown up in your recovery? Is it diminishing, unchanged, or showing up in new ways?

How this defect operates in your recovery...

Not limited to sexual desire — this is the compulsive pursuit of pleasure, intensity, and stimulation. The belief that enough of a good thing will eventually fill the void.

How This Defect Develops

The pursuit of excess often develops from emotional deprivation. If you didn't receive adequate nurturing, connection, or stimulation, the brain learns to seek intensity as a substitute. Addiction trains the reward system to require escalating levels of stimulation.

□ Connection to Addiction

Addiction is just applied to a substance. The same "more is more" thinking that drives active addiction can transfer to food, sex, work, spending, or any behavior that provides a hit of dopamine. In recovery, recognizing and managing this pattern is essential for preventing cross-addiction.

Behavioral Examples

► Escalating behavior to chase the high

► Inability to enjoy simple pleasures

► Always needing more — more money, more excitement, more stimulation

► Compulsive behavior in areas beyond substances

► Boredom intolerance

Impact Across Life Domains

relationships

Partners feel like they're never enough

family

Chasing thrills over family stability and presence

work

Risk-taking, boundary violations, burnout

friendships

Only interested in friends who enable excitement

spiritual

Unable to find peace in stillness or simplicity

◆ The Opposite Asset

Moderation, contentment, mindful enjoyment, sufficiency

Your Personal Assessment

Current Intensity (1–10)

[1-10] 5

How strongly did this defect contribute to your addiction? (1-10)

[1-10] 5

When did you first notice this defect operating in your life? Describe a specific moment when it was undeniably present. How did it connect to your substance use? What did it cost you?

Your honest self-assessment...

How has this defect shown up in your recovery? Is it diminishing, unchanged, or showing up in new ways?

How this defect operates in your recovery...

The Dual Timeline

Map character defect development side by side with your addiction timeline. For each phase, explore what was happening with your defects AND your substance use simultaneously.

Before Substance Use

Early life

Character Defects

Seeds of character defects — early patterns, family modeling, survival adaptations

Which defects were active during this period?

Addiction Timeline

Pre-addiction vulnerability — family history, early trauma, emotional regulation capacity

What was happening with your substance use during this period?

The Intersection — How They Fed Each Other

How did your character defects and substance use interact during this period? Which defect specifically enabled continued use?

Describe how defects and addiction interacted...

Rate Each Defect's Intensity During Before Substance Use

☐ Selfishness

[1-10] 0

☒ Dishonesty

[1-10] 0

☐ Resentment

[1-10] 0

☒ Fear

[1-10] 0

☐ Pride

[1-10] 0

[1-10] 0

☒ Self-Pity

[1-10] 0

☒ Impatience

[1-10] 0

☐ Jealousy

[1-10] 0

☐ Laziness

[1-10] 0

☐ People-Pleasing

[1-10] 0

☐ Lust

[1-10] 0

Defining Moment from This Period

Describe one specific moment from this phase that captures the intersection of your character defects and your addiction.

One defining moment...

Experimentation & Early Use

First use period

Character Defects

Which defects were already present? Which ones made you vulnerable to use?

Which defects were active during this period?

Addiction Timeline

First encounters with substances — what they solved for you, what they gave you

What was happening with your substance use during this period?

The Intersection — How They Fed Each Other

How did your character defects and substance use interact during this period? Which defect specifically enabled continued use?

Describe how defects and addiction interacted...

Rate Each Defect's Intensity During Experimentation & Early Use

☐ Selfishness

[1-10] 0

☒ Dishonesty

[1-10] 0

☐ Resentment

[1-10] 0

😨 Fear

[1-10] 0

☐ Pride

[1-10] 0

[1-10] 0

😞 Self-Pity

[1-10] 0

⚡ Impatience

[1-10] 0

☐ Jealousy

[1-10] 0

☐ Laziness

[1-10] 0

☐ People-Pleasing

[1-10] 0

☐ Lust

[1-10] 0

Defining Moment from This Period

Describe one specific moment from this phase that captures the intersection of your character defects and your addiction.

One defining moment...

Regular Use & Escalation

Developing pattern

Character Defects

Defects becoming entrenched — dishonesty increasing, selfishness intensifying, fear growing

Which defects were active during this period?

Addiction Timeline

Tolerance building, use becoming habitual, early consequences beginning

What was happening with your substance use during this period?

The Intersection — How They Fed Each Other

How did your character defects and substance use interact during this period? Which defect specifically enabled continued use?

Describe how defects and addiction interacted...

Rate Each Defect's Intensity During Regular Use & Escalation

☐ Selfishness

[1-10] 0

☒ Dishonesty

[1-10] 0

☐ Resentment

[1-10] 0

☒ Fear

[1-10] 0

☐ Pride

[1-10] 0

[1-10] 0

☒ Self-Pity

[1-10] 0

< Impatience

[1-10] 0

□ Jealousy

[1-10] 0

□ Laziness

[1-10] 0

□ People-Pleasing

[1-10] 0

□ Lust

[1-10] 0

Defining Moment from This Period

Describe one specific moment from this phase that captures the intersection of your character defects and your addiction.

One defining moment...

Dependence & Active Addiction

Full addiction

Character Defects

Character defects at maximum — every defect serving the addiction, identity consumed

Which defects were active during this period?

Addiction Timeline

Loss of control, compulsive use, severe consequences accumulating

What was happening with your substance use during this period?

The Intersection — How They Fed Each Other

How did your character defects and substance use interact during this period? Which defect specifically enabled continued use?

Describe how defects and addiction interacted...

Rate Each Defect's Intensity During Dependence & Active Addiction

☐ Selfishness

[1-10] 0

☒ Dishonesty

[1-10] 0

☐ Resentment

[1-10] 0

☒ Fear

[1-10] 0

☐ Pride

[1-10] 0

[1-10] 0

☒ Self-Pity

[1-10] 0

☒ Impatience

[1-10] 0

☐ Jealousy

[1-10] 0

☐ Laziness

[1-10] 0

☐ People-Pleasing

[1-10] 0

☐ Lust

[1-10] 0

Defining Moment from This Period

Describe one specific moment from this phase that captures the intersection of your character defects and your addiction.

One defining moment...

Crisis & Bottom

Breaking point

Character Defects

The moment defects could no longer sustain the illusion — which one cracked first?

Which defects were active during this period?

Addiction Timeline

The event(s) that made continued use impossible to sustain — your bottom

What was happening with your substance use during this period?

The Intersection — How They Fed Each Other

How did your character defects and substance use interact during this period? Which defect specifically enabled continued use?

Describe how defects and addiction interacted...

Rate Each Defect's Intensity During Crisis & Bottom

☐ Selfishness

[1-10] 0

☒ Dishonesty

[1-10] 0

☐ Resentment

[1-10] 0

😨 Fear

[1-10] 0

☐ Pride

[1-10] 0

[1-10] 0

😞 Self-Pity

[1-10] 0

⚡ Impatience

[1-10] 0

☐ Jealousy

[1-10] 0

☐ Laziness

[1-10] 0

☐ People-Pleasing

[1-10] 0

☐ Lust

[1-10] 0

Defining Moment from This Period

Describe one specific moment from this phase that captures the intersection of your character defects and your addiction.

One defining moment...

Early Recovery

First year

Character Defects

Defects exposed without chemical camouflage — raw, visible, uncomfortable

Which defects were active during this period?

Addiction Timeline

Physical sobriety, early healing, beginning to face reality

What was happening with your substance use during this period?

The Intersection — How They Fed Each Other

How did your character defects and substance use interact during this period? Which defect specifically enabled continued use?

Describe how defects and addiction interacted...

Rate Each Defect's Intensity During Early Recovery

☐ Selfishness

[1-10] 0

☒ Dishonesty

[1-10] 0

☐ Resentment

[1-10] 0

☒ Fear

[1-10] 0

☐ Pride

[1-10] 0

[1-10] 0

☒ Self-Pity

[1-10] 0

< Impatience

[1-10] 0

□ Jealousy

[1-10] 0

□ Laziness

[1-10] 0

□ People-Pleasing

[1-10] 0

□ Lust

[1-10] 0

Defining Moment from This Period

Describe one specific moment from this phase that captures the intersection of your character defects and your addiction.

One defining moment...

Ongoing Recovery & Growth

Present

Character Defects

Active work on defects — which are diminishing? Which persist? New patterns emerging?

Which defects were active during this period?

Addiction Timeline

Sustained recovery, program work, building a new life

What was happening with your substance use during this period?

The Intersection — How They Fed Each Other

How did your character defects and substance use interact during this period? Which defect specifically enabled continued use?

Describe how defects and addiction interacted...

Rate Each Defect's Intensity During Ongoing Recovery & Growth

☐ Selfishness

[1-10] 0

☒ Dishonesty

[1-10] 0

☐ Resentment

[1-10] 0

☒ Fear

[1-10] 0

☐ Pride

[1-10] 0

[1-10] 0

☒ Self-Pity

[1-10] 0

☒ Impatience

[1-10] 0

☐ Jealousy

[1-10] 0

☐ Laziness

[1-10] 0

☐ People-Pleasing

[1-10] 0

☐ Lust

[1-10] 0

Defining Moment from This Period

Describe one specific moment from this phase that captures the intersection of your character defects and your addiction.

One defining moment...

Behavioral Pattern Analysis

Character defects show up as specific behaviors in specific life domains. Identify how each defect manifested in your relationships, work, family, and other areas.

□ Romantic Relationships

For each character defect, describe how it showed up specifically in your romantic relationships. Be concrete — name specific behaviors, incidents, and patterns.

Common pattern: Partners feel invisible, unimportant, used

How did selfishness show up in your romantic relationships?

Common pattern: Trust destroyed — partners can't believe anything you say

How did dishonesty show up in your romantic relationships?

Common pattern: Partners walk on eggshells around unresolved anger

How did resentment show up in your romantic relationships?

Common pattern: Inability to be vulnerable; emotional walls

How did fear show up in your romantic relationships?

Common pattern: Partners feel dismissed, talked down to

How did pride show up in your romantic relationships?

Common pattern: Partners feel suffocated, not trusted

How did need for control show up in your romantic relationships?

Common pattern: Partners become exhausted caretakers

How did self-pity show up in your romantic relationships?

Common pattern: Partners feel pressured, rushed, unheard

How did impatience show up in your romantic relationships?

Common pattern: Possessiveness, suspicion, controlling behavior

How did jealousy show up in your romantic relationships?

Common pattern: Partners carry the emotional and practical load

How did laziness show up in your romantic relationships?

Common pattern: Partners never know the real you; resentment builds silently

How did people-pleasing show up in your romantic relationships?

Common pattern: Partners feel like they're never enough

How did lust show up in your romantic relationships?

For each character defect, describe how it showed up specifically in your family. Be concrete — name specific behaviors, incidents, and patterns.

Common pattern: Family members become tools for getting what you need

How did selfishness show up in your family?

Common pattern: Family members become hypervigilant, always looking for the lie

How did dishonesty show up in your family?

Common pattern: Old family wounds weaponized and recycled endlessly

How did resentment show up in your family?

Common pattern: Avoidance of family conflict leaves issues festering

How did fear show up in your family?

Common pattern: Family advice rejected because "they don't understand"

How did pride show up in your family?

Common pattern: Family dynamics become rigid and tense

How did need for control show up in your family?

Common pattern: Family members feel guilt-tripped and manipulated

How did self-pity show up in your family?

Common pattern: Conflict over expectations for immediate forgiveness

How did impatience show up in your family?

Common pattern: Sibling rivalries and competition for parental approval

How did jealousy show up in your family?

Common pattern: Seen as unreliable; others stop expecting anything

How did laziness show up in your family?

Common pattern: Playing the role the family assigns instead of being authentic

How did people-pleasing show up in your family?

Common pattern: Chasing thrills over family stability and presence

How did lust show up in your family?

□ Career & Work

For each character defect, describe how it showed up specifically in your career & work. Be concrete — name specific behaviors, incidents, and patterns.

Common pattern: Colleagues see you as unreliable and self-serving

How did selfishness show up in your career & work?

Common pattern: Professional reputation ruined when deceptions unravel

How did dishonesty show up in your career & work?

Common pattern: Grudges against bosses or colleagues poison the work environment

How did resentment show up in your career & work?

Common pattern: Playing it safe stunts career; avoiding feedback

How did fear show up in your career & work?

Common pattern: Inability to receive feedback or work collaboratively

How did pride show up in your career & work?

Common pattern: Bottlenecking because you can't let others contribute

How did need for control show up in your career & work?

Common pattern: Seen as negative, draining, and excuse-making

How did self-pity show up in your career & work?

Common pattern: Poor decision-making, cutting corners, burning out

How did impatience show up in your career & work?

Common pattern: Undermining colleagues, office politics, backstabbing

How did jealousy show up in your career & work?

Common pattern: Underperformance, missed opportunities, stagnation

How did laziness show up in your career & work?

Common pattern: Overworked, underappreciated, boundaries violated

How did people-pleasing show up in your career & work?

Common pattern: Risk-taking, boundary violations, burnout

How did lust show up in your career & work?

□ Friendships & Social

For each character defect, describe how it showed up specifically in your friendships & social. Be concrete — name specific behaviors, incidents, and patterns.

Common pattern: Friendships become transactional — what can they do for me?

How did selfishness show up in your friendships & social?

Common pattern: Nobody knows the real you — relationships built on fiction

How did dishonesty show up in your friendships & social?

Common pattern: Friends exhausted by the same grievance stories on repeat

How did resentment show up in your friendships & social?

Common pattern: Superficial connections because depth feels dangerous

How did fear show up in your friendships & social?

Common pattern: Others feel judged or inferior around you

How did pride show up in your friendships & social?

Common pattern: Friends feel managed rather than cared for

How did need for control show up in your friendships & social?

Common pattern: Friends avoid you — every interaction is heavy

How did self-pity show up in your friendships & social?

Common pattern: Seen as intense, demanding, hard to be around

How did impatience show up in your friendships & social?

Common pattern: Can't be happy for friends' successes

How did jealousy show up in your friendships & social?

Common pattern: Never the one to reach out, plan, or initiate

How did laziness show up in your friendships & social?

Common pattern: Friendships built on performance rather than connection

How did people-pleasing show up in your friendships & social?

Common pattern: Only interested in friends who enable excitement

How did lust show up in your friendships & social?

□ Spiritual & Inner Life

For each character defect, describe how it showed up specifically in your spiritual & inner life. Be concrete — name specific behaviors, incidents, and patterns.

Common pattern: Inability to connect to anything larger than yourself

How did selfishness show up in your spiritual & inner life?

Common pattern: Disconnection from your authentic self

How did dishonesty show up in your spiritual & inner life?

Common pattern: Bitterness blocks gratitude, hope, and connection

How did resentment show up in your spiritual & inner life?

Common pattern: Fear blocks surrender, trust, and openness to growth

How did fear show up in your spiritual & inner life?

Common pattern: Can't surrender to a power greater than yourself

How did pride show up in your spiritual & inner life?

Common pattern: Inability to accept what you cannot change

How did need for control show up in your spiritual & inner life?

Common pattern: Gratitude becomes impossible; blessings invisible

How did self-pity show up in your spiritual & inner life?

Common pattern: Inability to sit in stillness or trust timing

How did impatience show up in your spiritual & inner life?

Common pattern: Blocks gratitude for your own gifts and progress

How did jealousy show up in your spiritual & inner life?

Common pattern: Growth stalls; complacency becomes the default

How did laziness show up in your spiritual & inner life?

Common pattern: Disconnected from your true self and true needs

How did people-pleasing show up in your spiritual & inner life?

Common pattern: Unable to find peace in stillness or simplicity

How did lust show up in your spiritual & inner life?

□ Physical & Mental Health

For each character defect, describe how it showed up specifically in your physical & mental health. Be concrete — name specific behaviors, incidents, and patterns.

How did selfishness show up in your physical & mental health?

How did dishonesty show up in your physical & mental health?

How did resentment show up in your physical & mental health?

How did fear show up in your physical & mental health?

How did pride show up in your physical & mental health?

How did need for control show up in your physical & mental health?

How did self-pity show up in your physical & mental health?

How did impatience show up in your physical & mental health?

How did jealousy show up in your physical & mental health?

How did laziness show up in your physical & mental health?

How did people-pleasing show up in your physical & mental health?

How did lust show up in your physical & mental health?

□ Financial Life

For each character defect, describe how it showed up specifically in your financial life. Be concrete — name specific behaviors, incidents, and patterns.

How did selfishness show up in your financial life?

How did dishonesty show up in your financial life?

How did resentment show up in your financial life?

How did fear show up in your financial life?

How did pride show up in your financial life?

How did need for control show up in your financial life?

How did self-pity show up in your financial life?

How did impatience show up in your financial life?

How did jealousy show up in your financial life?

How did laziness show up in your financial life?

How did people-pleasing show up in your financial life?

How did lust show up in your financial life?

Legal & Civic

For each character defect, describe how it showed up specifically in your legal & civic. Be concrete — name specific behaviors, incidents, and patterns.

How did selfishness show up in your legal & civic?

How did dishonesty show up in your legal & civic?

How did resentment show up in your legal & civic?

How did fear show up in your legal & civic?

How did pride show up in your legal & civic?

How did need for control show up in your legal & civic?

How did self-pity show up in your legal & civic?

How did impatience show up in your legal & civic?

How did jealousy show up in your legal & civic?

How did laziness show up in your legal & civic?

How did people-pleasing show up in your legal & civic?

How did lust show up in your legal & civic?

Defect-to-Asset Conversion

Steps 6 and 7 ask us to become willing to have our defects removed. Defects don't just disappear — they're replaced by conscious practice of their opposite virtues.

What would your life look like if generosity, consideration, service to others, empathy replaced selfishness & self-centeredness? How would your relationships change?

Envision life with generosity, consideration, service to others, empathy...

Concrete Daily Practice

Virtues are built through practice, not intention. What specific, daily action will you take to cultivate this asset?

My daily practice for building this asset...

Willingness Level (1 = resistant, 10 = fully willing)

[1-10] 5

What would your life look like if honesty, transparency, integrity, authenticity replaced dishonesty & deception? How would your relationships change?

Envision life with honesty, transparency, integrity, authenticity...

Concrete Daily Practice

Virtues are built through practice, not intention. What specific, daily action will you take to cultivate this asset?

My daily practice for building this asset...

Willingness Level (1 = resistant, 10 = fully willing)

[1-10] 5

What would your life look like if forgiveness, acceptance, letting go, compassion replaced resentment & bitterness? How would your relationships change?

Envision life with forgiveness, acceptance, letting go, compassion...

Concrete Daily Practice

Virtues are built through practice, not intention. What specific, daily action will you take to cultivate this asset?

My daily practice for building this asset...

Willingness Level (1 = resistant, 10 = fully willing)

[1-10] 5

What would your life look like if courage, faith, trust, acceptance of uncertainty replaced fear & anxiety? How would your relationships change?

Envision life with courage, faith, trust, acceptance of uncertainty...

Concrete Daily Practice

Virtues are built through practice, not intention. What specific, daily action will you take to cultivate this asset?

My daily practice for building this asset...

Willingness Level (1 = resistant, 10 = fully willing)

[1-10] 5

What would your life look like if humility, right-sized self-perception, teachability replaced pride & grandiosity? How would your relationships change?

Envision life with humility, right-sized self-perception, teachability...

Concrete Daily Practice

Virtues are built through practice, not intention. What specific, daily action will you take to cultivate this asset?

My daily practice for building this asset...

Willingness Level (1 = resistant, 10 = fully willing)

[1-10] 5

What would your life look like if surrender, trust, flexibility, letting go replaced need for control? How would your relationships change?

Envision life with surrender, trust, flexibility, letting go...

Concrete Daily Practice

Virtues are built through practice, not intention. What specific, daily action will you take to cultivate this asset?

My daily practice for building this asset...

Willingness Level (1 = resistant, 10 = fully willing)

[1-10] 5

What would your life look like if gratitude, accountability, resilience, perspective replaced self-pity & victimhood? How would your relationships change?

Envision life with gratitude, accountability, resilience, perspective...

Concrete Daily Practice

Virtues are built through practice, not intention. What specific, daily action will you take to cultivate this asset?

My daily practice for building this asset...

Willingness Level (1 = resistant, 10 = fully willing)

[1-10] 5

What would your life look like if patience, delayed gratification, trust in process replaced impatience & impulsivity? How would your relationships change?

Envision life with patience, delayed gratification, trust in process...

Concrete Daily Practice

Virtues are built through practice, not intention. What specific, daily action will you take to cultivate this asset?

My daily practice for building this asset...

Willingness Level (1 = resistant, 10 = fully willing)

[1-10] 5

What would your life look like if contentment, gratitude, celebration of others, abundance mindset replaced jealousy & envy? How would your relationships change?

Envision life with contentment, gratitude, celebration of others, abundance mindset...

Concrete Daily Practice

Virtues are built through practice, not intention. What specific, daily action will you take to cultivate this asset?

My daily practice for building this asset...

Willingness Level (1 = resistant, 10 = fully willing)

[1-10] 5

What would your life look like if discipline, initiative, engagement, willingness replaced laziness & avoidance? How would your relationships change?

Envision life with discipline, initiative, engagement, willingness...

Concrete Daily Practice

Virtues are built through practice, not intention. What specific, daily action will you take to cultivate this asset?

My daily practice for building this asset...

Willingness Level (1 = resistant, 10 = fully willing)

[1-10] 5

What would your life look like if authenticity, healthy boundaries, self-respect, honest communication replaced people-pleasing & approval-seeking? How would your relationships change?

Envision life with authenticity, healthy boundaries, self-respect, honest communication...

Concrete Daily Practice

Virtues are built through practice, not intention. What specific, daily action will you take to cultivate this asset?

My daily practice for building this asset...

Willingness Level (1 = resistant, 10 = fully willing)

[1-10] 5

What would your life look like if moderation, contentment, mindful enjoyment, sufficiency replaced lust & excess? How would your relationships change?

Envision life with moderation, contentment, mindful enjoyment, sufficiency...

Concrete Daily Practice

Virtues are built through practice, not intention. What specific, daily action will you take to cultivate this asset?

My daily practice for building this asset...

Willingness Level (1 = resistant, 10 = fully willing)

[1-10] 5

Your Personal Commitment

Write a personal commitment, prayer, or intention statement about releasing your character defects and embracing the assets that will support your recovery.

My commitment to transformation...

Integration & Pattern Recognition

The full picture — how your character defects and addiction developed together, where the patterns are most entrenched, and where your recovery is creating the most change.

Your Primary Character Defects (Ranked)

Complete ratings in the Library and Dual Timeline to see rankings.

Deep Integration

Your Core Defect

Looking at the full picture, which ONE character defect sits at the center of your story? The one that, if transformed, would create the biggest ripple effect across every area of your life? Why this one?

The Original Wound

Trace your primary defect back to its earliest origin. What happened — or what was missing — that planted this seed? Can you see the wounded child who developed this pattern to survive?

Your Personal Feedback Loop

Describe YOUR specific defect-addiction feedback loop in detail. Which defect fires first? What emotion does it create? How does that emotion drive you toward use? Map the full circle.

Evidence of Change

Where have you already seen transformation? Which defects have genuinely diminished since entering recovery? What evidence do you have that change is possible?

The Work Ahead

Based on everything you've mapped, what are the top three areas requiring the most ongoing work? Be specific about what that work looks like — not intentions, but actions.

Letter to Your Future Self

Write a letter to yourself one year from now. Describe the person you're becoming as these defects transform into assets. What does that life look like?
