



4 Made a searching and fearless moral inventory of ourselves.

Part I

Defects of Character

Defect	The Cause	Affects My . . .
Resentments:		

Defect	The Cause	Affects My . . .
Rudeness:		
Anger/hatred/revenge:		

Defect	The Cause	Affects My . . .
Suspicion of others and tendency to run away:		
Blaming others:		

Defect	The Cause	Affects My ...
Aggressiveness:		
Rigidity/Perfectionism:		

Defect	The Cause	Affects My . . .
Arrogance:		
Lying/Dishonesty		

Defect	The Cause	Affects My ...
Stealing:		
Self-Righteousness:		

Defect	The Cause	Affects My ...
Irresponsibility:		
Toxic shame:		

Defect	The Cause	Affects My . . .
Selfishness:		
Criticism:		

Defect	The Cause	Affects My . . .
Impatience:		
Stubbornness:		

Defect	The Cause	Affects My ...
Controlling:		
Acting out sexually:		

Defect	The Cause	Affects My ...
Betrayal:		
Gossiping:		

Defect	The Cause	Affects My . . .
Other:		

Part II

Assets

Asset	The Source	Affects My . . .
Acceptance:		

Asset	The Source	Affects My ...
Compassion:		
Kindness:		

Asset	The Source	Affects My . . .
Optimism:		
Love:		

Asset	The Source	Affects My ...
Gratitude:		
Faith:		

Asset	The Source	Affects My ...
Courage:		
Forgiveness:		

Asset	The Source	Affects My . . .
Gentleness:		
Humility:		

Asset	The Source	Affects My . . .
Responsible:		
Generosity:		

Asset	The Source	Affects My . . .
Humorous:		
Flexibility:		

Asset	The Source	Affects My . . .
Honesty:		
Integrity:		

Asset	The Source	Affects My . . .
Self-Esteem		
Loyalty:		

Asset	The Source	Affects My . . .
Tolerance:		
Patience:		

Asset	The Source	Affects My . . .
Willingness:		
Sexual Restraint:		

Asset	The Source	Affects My . . .
Restraint of pen and tongue:		
Other:		

Part III

FEARS

Fear	Cause	Affects My . . .
Abandonment:		
Fun:		

Fear	Cause	Affects My . . .
Losing control of my temper.		
Poverty:		

Fear	Cause	Affects My ...
Being controlled:		
Other Fears ...		

Fear	Cause	Affects My ...

Fear	Cause	Affects My ...

Fear	Cause	Affects My ...
