

Character Defects List

Name: _____ Date: _____

Emotional traits	
Impatience:	Envy:
Anger / rage:	Insecurity:
Resentment:	Anxiety:
Jealousy:	Depression:
Interpersonal traits	
Manipulative:	Dishonest / lying:
Controlling:	Gossiping:

Passive-aggressive behavior:	Codependency:
Poor boundaries:	
Cognitive traits	
Closed-mindedness:	Judgmental attitude:
Pessimism:	Cynicism:
Defensiveness:	Stubbornness:
Behavioral traits	
Procrastination:	Laziness:
Negligence:	Overindulgence:

Greed:	Impulsivity:
Self-centered traits	
Selfishness:	Egotism:
Narcissism:	Arrogance:
Lack of empathy:	
Additional notes	
Additional character defects:	

This comprehensive list should help you better identify and understand your own character defects. The blank section can be used to jot down specific instances where you've noticed these traits, which can aid in self-reflection and future improvement.