

Character Defects Checklist

Name:

Date:

Emotional Traits

- **Impatience:**

Notes:

- **Anger/Rage:**

Notes:

- **Resentment:**

Notes:

- **Jealousy:**

Notes:

- **Envy:**

Notes:

- **Insecurity:**

Notes:

- **Anxiety:**

Notes:

- **Depression:**

Notes:

Interpersonal Traits

- **Manipulative:**

Notes:

- **Controlling:**

Notes:

- **Dishonesty/Lying:**

Notes:

- **Gossiping:**

Notes:

- **Passive-Aggressive Behavior:**

Notes:

- **Codependency:**

Notes:

- **Poor Boundaries:**

Notes:

Cognitive Traits

- **Closed-Mindedness:**

Notes:

- **Judgemental Attitude:**

Notes:

- **Pessimism:**

Notes:

- **Cynicism:**

Notes:

- **Defensiveness:**

Notes:

- **Stubbornness:**

Notes:

Behavioral Traits

- **Procrastination:**

Notes:

- **Laziness:**

Notes:

- **Negligence:**

Notes:

- **Overindulgence:**

Notes:

- **Greed:**

Notes:

- **Impulsivity:**

Notes:

Self-Centered Traits

- **Selfishness:**

Notes:

- **Egotism:**

Notes:

- **Narcissism:**

Notes:

- **Arrogance:**

Notes:

- **Lack of Empathy:**

Notes:

Additional Notes

- **Additional Character Defects:**

Notes:

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