

Character Defects Worksheet

Patient Information

Name:

Date:

Age:

Gender:

Occupation:

Defect Identification

Identify the character defects that you struggle with most.

Defect Analysis

Analyze each defect in detail using the following questions:

How does this defect affect me?

How does this defect affect others?

How has this defect caused problems in the past?

How can I work on improving or overcoming this defect?

Defect Action Plan

Create an action plan for each defect using the following questions:

What specific actions can I take to improve or overcome this defect?

How can I track my progress?

What resources or support do I need to be successful?

Follow-up

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