

# 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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