(Used in conjunction with the Addiction Treatment Guide book at: www.treatmentguide4u.com or for personal exploration)

**STEP 6 WORKSHEET, “WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.”**

Do you really want to be able to manage your character defects or do you want to continue to be managed by them?

MAKE A LIST OF CHARACTER DEFECTS THAT YOU ARE EXHIBITING IN YOUR LIFE TODAY. TAKE YOU TIME
THIS IS AN ONGOING LIST

1_________________________
2_______________________________________
3_______________________________________

ADDRESS THE MOST SIGNIFICANT CHARACTER DEFECT WITH THE FOLLOWING QUESTIONS AND PROCESS EACH THROUGH STEP 6 AND STEP 7 BEFORE MOVING ONTO THE NEXT DEFECT.

IDENTIFY A CHARACTER DEFECT THAT YOU ARE EXHIBITING IN YOUR LIFE TODAY.
__________________________________________________________

WHAT WAS THE LAST CIRCUMSTANCE THAT YOU ACTED OUT IN THAT CHARACTER DEFECT?
__________________________________________________________
__________________________________________________________

HAS ANYONE SHARED CONCERNS ABOUT THAT BEHAVIOR IN THE PAST? (FAMILY, FRIENDS, ETC.)
__________________________________________________________

LOOKING AT THE PATTERN WHERE YOU ACT OUT IN THE BEHAVIOR, IS THERE ANY SITUATIONS, STRESS OR TRIGGERS THAT CAUSE THIS?
__________________________________________________________
__________________________________________________________
E. HOW LONG HAS THIS TRAIT BEEN A PART OF YOUR LIFE?
____________________________________________________________________________________

F. WHAT DOES DOING THE BEHAVIOR GIVE YOU?
____________________________________________________________________________________

G. WHAT IMPACT DOES THIS BEHAVIOR HAVE ON YOU NEGATIVELY?
____________________________________________________________________________________

H. WHAT IMPACT DOES THIS BEHAVIOR HAVE ON OTHERS AROUND YOU?
____________________________________________________________________________________

I. DOES THIS CHARACTER DEFECT AFFECT YOUR VALUES AND IN WHAT WAY? HOW DOES THIS MAKE YOU FEEL?
____________________________________________________________________________________

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