

THE DEFECT LIST

The following is a list of character and personal traits which impede us in our attempts to realize our full potential as spiritual as well as physical entities. The list is not an attempt to categorize all of the ills which beset mankind, but is offered to aid in your focus as you begin this in-depth look at yourself.

You may already be aware of some of the items on this list, knowing that they are a part of you. Others will in no way apply to you. Others, yet, may be painful to consider, but it is essential that you realize from the ashes of such pain you shall rise, much like the Phoenix, to new and previously unimagined heights of joy and closeness to that Power which expresses itself to you as the GOD of your understanding.

Selfishness	Vengeful	Self-Hatred
Self-centeredness	Lusting	Superiority
Resentful	Defiant	Resistance to Growth
Angry	Rationalizing	Verbalizing
Jealous	Justifying	Shouting, Intimidating
Self-pitying	Argumentative	Impulsive
Critical	Judgments	Explaining
Suspicious	Narrow-Mindedness	Terrorizing
Hypersensitive	Lack of Purpose	Perfectionist
Over Emotional	Vile Speech	Controlling
Tenseness	Inconsiderate	Blocking
Withdrawal	Forgetfulness	Compulsive
Domineering	Fantasizing	Denying
Intolerant	Self-Destructive	Generalizing
Apprehensive	Ingratitude	Attacking
Deceitful	Fearful	Apathetic
Dishonesty	Sullen	Competitive
Indifference	Masked	Boastful
Depressed	Treacherous	Impatient
Obscene	Violent	Willful
Lying	Careless	Procrastination
Contradictory	Unencourageing	Projecting
Spiteful	Faithless	Evasion
Irresponsible	Hateful	Pessimistic
	Dependent	Envy
	Arrogance	Aggression

1. Root Cause (fear, ego, selfishness, ect.)
2. How does it affect others...Opposite(s) this is helpful so that we may practice the opposite of the defect.
3. How does it hurt me.
4. Specific example (give at least one example of an incident where this defect was manifested).

IT IS SUGGESTED THAT BEFORE WRITING ON A SPECIFIC DEFECT, YOU LOOK IT UP IN THE DICTIONARY SO AS TO HAVE A CLEAR UNDERSTANDING OF THE MEANING OF THE DEFECT.

Unknown