

<p align="center">SELF-WILL Defects and Shortcomings</p>	<p align="center">GOD'S WILL Assets (opposite of defects)</p>	<p>Use this column to write how you will change the behavior - or have your sponsor check off the defects as you are going thru your 5th step</p>
Abusive	Caring	
Acceptance (lack of)	Living in today, acceptance	
ACOA/AL-Anon (parents behavior is still affecting you today)	Acceptance, Forgiveness, Re-parenting of ourselves	
ACOA/AL-Anon - Father (when a person's behavior is reflecting back on Dad)	Acceptance, Forgiveness, Re-parenting of ourselves	
ACOA/AL-Anon - Mother (when a person's behavior is reflecting back on Mom)	Acceptance, Forgiveness, Re-parenting of ourselves	
Afraid	Courage/Faith & Trust in God	
Anal	Easy Going	
Anger	Calm, Pause, Pray	
Angry	Happy	
Arrogant	Humble	
Being Inconsiderate	Being considerate	
Being judgmental	Acceptance, Minding My Own Business, Letting "God's will be done"	
Cocky	Mild	
Communication (Lack of)	To verbally express feelings and concerns	
Conceited	Unassuming	
Controlling/Control	Acceptance, Minding My Own Business, Letting "God's will be done", Retiring/Humble	
Criticism	Kindness, Praise	
Denial	Agreeable, Acceptance	
Dishonesty	Honesty, Truth	
Divorce	Married/Committed	
Doubt	Trust, Faith	
Egotistical/Egoism	Modest	
Enabling	Tough Love	
Envy	Grateful	
Evasiveness	Honesty, Truth	
Expectations	Not projecting, Living in today, Acceptance	

<i>SELF-WILL</i>	<i>GOD'S WILL</i>	
Fake	Real/True	
False Pride	Modest	
Fear	Courage/Faith & Trust in God	
Forgiveness (lack of)	Forgiveness/forgiving, Love, Concern for others	
Gluttony	Moderation, Sharing	
Gossiping	Close-mouthed, Praise, Trustworthy	
Greed, Greedy	Giving, Sharing, Being Content	
Guilt/Guilty	Acceptance, Growth, Self-forgiveness	
Harmful Acts	Good Deeds	
Hateful, Hate	Forgiveness/forgiving, Love, Concern for others	
Hurtful	Kind	
Immoral	Moral/Spiritual	
Impatience, Impatient	Patience, Patient	
Inconsiderate	Considerate	
Infidelity	Monogamous	
Insecure	Secure/Fulfilled	
Intolerance, Intolerant	Tolerance, Tolerant	
Irresponsible	Responsible	
Jealousy, Jealous	Secure/Trusting, Faith	
Judgmental	Fair-Minded, Understanding	
Justification	Agreeable, Acceptance	
Lustful	Being Content	
Lustful Thoughts	Respectful thoughts	
Lying	Honesty, Truth	
Manipulative	Complaint/Accepting	
Martyr	Courageous, Responsible	
Miserly	Giving, Generous, Trust in God	
Needy	Giving	
Non-committal	Definite/committal	
Not Dealing With Reality	Honesty, Truth	
Obstinate	Fair-Minded	
Opinionated	Fair-Minded	
Paranoid	Trusting	

SELF-WILL	GOD'S WILL	
People Pleasing	Real/True, Take care of myself	
Perfectionist/perfectionism	Letting yourself make mistakes, allow yourself to be human	
Pompous	Modest	
Prejudice	Open Minded	
Pride	Humility, Seeking God's Will	
Procrastination	Take Action, Being timely	
Rationalization	Acceptance/Reality	
Resentment, Resentful	Forgiveness/forgiving, Love, Concern for others	
Sarcastic	Complimentary	
Self-Centeredness, Self-centered	Selfless/Thoughtful & Others-, God- & Love-Centeredness	
Self-condemnation	Self-forgiveness, Self-Embracing/approval	
Self-Esteem (low)	Self-Acceptance	
Self-Harming (over- eating, smoking)	Self-Esteem - Self Love	
Self-importance, Self-Important	Modesty, Considerate for others	
Selfish	Unselfish, giving, sharing	
Selfishness	Interest in others/Altruism	
Self-justification	Humility, Seeking God's Will, Accepting	
Self-Pity	Lenient/Positive	
Self-Righteous	Gracious	
Self-Righteous Anger	Self-Acceptance, Acceptance	
Self-seeking	Interest in others, Altruism, Charity, Helpful for others	
Sloth	Hard working/Industries, Take Action	
Stubborn	Open Minded	
Suspicious, Suspicion	Trusting, Faith	
Taking It Personally	Acceptance, Forgiveness	
Thieving	Honest/Giving	
Unkind	Loving/Kind	
Unloving	Loving/Kind	
Vain	Unassuming	
Vengeful	Loving	
Victim	Courageous, Responsible	
Violent	Cuddly/Loving	