

Realistic Recovery

For Realistically Recovering from Addiction and Family Dysfunction

Posted by: **RealisticRecovery** | May 3, 2009

194 Character Defects

*here's another character defect list i found over at a forum on [CyberRecovery.net](http://www.cyberrecovery.net)
(<http://www.cyberrecovery.net/forums/showthread.php?t=20408>)*

194 Character Defects

- 1 Abusing Others for enjoyment
- 2 Action, failing to take
- 3 Aloof
- 4 Anger Anger 37, 66, 88, 108, 135
- 5 Antagonistic
- 6 Anxiety
- 7 Anxious, overly
- 8 Apathetic
- 9 Apologetic, overly
- 10 Appearances, preoccupied or obsessed with
- 11 Argumentative
- 12 Arrogance
- 13 Avarice
- 14 Avoiding confrontation
- 15 Beating yourself up
- 16 Beauty, obsession or preoccupation with
- 17 Bigotry
- 18 Blaming others for disease
- 19 Blaming self for disease
- 20 Boastful
- 21 Boundaries, not setting
- 22 Busybody
- 23 Cheating
- 24 Choosing easy prey, gossip
- 25 Choosing easy prey, physical
- 26 Closed-mindedness
- 27 Codependenc
- 28 Coldheartedness
- 29 Communication, avoiding
- 30 Communication, poor
- 31 Companions, seeking corrupt / lower

- 32 Compassion, lack of
- 33 Competitive, excessively
- 34 Complaining
- 35 Conceit
- 36 Condemning
- 37 Confrontation, avoiding
- 38 Controlling
- 39 Controlling Others
- 40 Cowardice
- 41 Critical
- 42 Crude
- 43 Deceptive, deceiving
- 44 Dependency, dependent
- 45 Dependent on parents
- 46 Destructive
- 47 Devious
- 48 Different, thinking you are
- 49 Disease, feeling responsible for/ taking credit for
- 50 Disease, making excuses for
- 51 Disease, not accepting
- 52 Dishonesty
- 53 Dishonesty by omission
- 54 Disorganized
- 55 Egotistical
- 56 Envious
- 57 Exaggeration
- 58 Excess
- 59 Faith, lack of faith in God
- 60 Fanatical
- 61 Fantasizing
- 62 Favoritism, playing favorites
- 63 Fearful
- 64 Filthy-mindedness
- 65 Financially dependent on others
- 66 Financially insecure
- 67 Following through, failing to
- 68 Frustration
- 69 Gluttony
- 70 Gossiping
- 71 Greed
- 72 Guilt, about sexual fantasies
- 73 Guilt, excessive feelings of
- 74 Guilt, feeling guilty for things beyond control
- 75 Harsh
- 76 Hate
- 77 Hatred of others
- 78 Hatred of self
- 79 Health, irresponsibility with or neglect of
- 80 Help, refusing/ not asking for

- 81 Hopelessness
- 82 Ignorance Ignorance 2, 20, 107
- 83 Ill wishes toward others
- 84 Immodesty
- 85 Impatience
- 86 Impulsive purchaser
- 87 Inadequacy, sense of
- 88 Incompassionate
- 89 Inconsiderate Inconsiderate 69, 82, 108, 125
- 90 Indecisive Indecision 86
- 91 Indifferent
- 92 Injustice
- 93 Insecure in your own skin
- 94 Insecure in sexuality
- 95 Insecurity, financial
- 96 Insensitivity
- 97 Insincerity Insincere 96
- 98 Intolerance Intolerance 50, 103, 120, 135, 160
- 99 Intolerance of sick people
- 100 Inventory, taking other's
- 101 Irresponsibility
- 102 Irresponsibility, financial
- 103 Irresponsible
- 104 Isolating
- 105 Jealousy
- 106 Judgmental of others
- 107 Knowing it all
- 108 Laziness

- 110 Leering, crude toward Lewd
- 112 Lifestyles, not accepting others'
- 113 Love and friendship, refusal to accept
- 114 Lustful
- 115 Lying
- 116 Making excuses for disease
insecure
- 118 Manipulative
- 119 Measuring self against others
- 120 Meddling
- 121 Messy
- 122 Miserliness
- 123 Negative body image
- 124 Negative Thinking
- 125 Negatives, focusing on or magnifying
- 126 Neglectful
- 127 Opinionated
- 128 Opinions, not respecting others'
- 129 Overcompensating for projected wrongs
- 130 Overcompensating for weaknesses

- 131 Perfectionism
- 132 Pessimism
- 133 Physical appearance, obsession or preoccupation with
- 134 Physical health, neglect of
- 135 Playing God
- 136 Playing God with self
- 137 Positives, not looking at
- 138 Possessive
- 139 Preachy
- 140 Prejudice
- 141 Pride, False
- 142 Pride, Intellectual
- 143 Pride, Spiritual
- 144 Procrastination
- 145 Program, working other's
- 146 Psychoanalysis of others
- 147 Reckless
- 148 Remorseful
- 149 Resentment
- 150 Revenge, vengefulness
- 151 Rude
- 152 Sarcastic
- 153 Secretive
- 154 Seeking attention
- 155 Seeking negative attention
- 156 Self Condemnation
- 157 Self Deprecating humor
- 158 Self Importance
- 159 Self Justification
- 160 Self Pity
- 161 Self reliance
- 162 Self Seeking
- 163 Self, putting self on pedestal
- 164 Self-absorbed
- 165 Self-centeredness Self-centeredness 14, 61, 62, 64, 111*, 124
- 166 Self-hatred
- 167 Self-indulgence
- 168 Selfishness Selfish 7, 21, 61, 67, 69, 82, 84, 86, 87
- 169 Self-loathing
- 170 Setting expectations
- 171 Sex, hidden
- 172 Sex, lack of appreciation for
- 173 Skeptical
- 174 Sloth
- 175 Stealing Stealing 68
- 176 Step on others to get to top
- 177 Stewardship of assets, poor
- 178 Suspicious
- 179 Thoughtless

- 180 Thrill-seeking
- 181 Uncharitableness
- 182 Uncleaness
- 183 Undependable
- 184 Undisciplined
- 185 Unfaithful
- 186 Ungrateful
- 187 Uniqueness, terminal
- 188 Unreliable
- 189 Untrustworthy
- 190 Valuing the opinion of a sick mind
- 191 Vengeful
- 192 Vulgar Immoral Thinking
- 193 Wasteful
- 194 Worry

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Is there a list of defects with there opposing assets, side by side?

By: **Keith** on May 3, 2012
at 12:54 pm

[Reply](#)

I don't know, but if you find one, let me know, I'll post it here.

By: **realisticrecovery** on May 26, 2012
at 5:03 am

[Reply](#)

4th Step Opposites. Defects/Opposites oops forgot the link.
<http://allrulesapply.com/aa/> (<http://allrulesapply.com/aa/>)

By: **Newton** on June 28, 2012
at 11:48 pm

[Reply](#)

Trying to get this 6th step finished.

By: **Chris Jenkins** on March 16, 2013
at 9:56 pm

[Reply](#)

Upon further inspection it seems as though I've more work to do. Thanks for the information.

By: **Wayne E Melton** on September 1, 2013
at 11:17 pm

Reply

I really appreciate this list. When I realize a "new" character defect in myself, I always seek this list I'm my bookmarks. I wanted to suggest a few more.

- 1) Condesending
- 2) Debate seeking
- 3) Proving Right (Point of View)
- 4) Superiority

It honestly hurts to discover MORE defects of my character—all those people I have affected—it bothers me. All I can do now is take responsibility to apply change to my behavior.
Thank You

By: **Lou D** on January 16, 2014
at 3:50 pm

Reply

thank you so much!!! trying to get my fifth, sixth and seventh out of the way.

By: **appia** on February 4, 2014
at 6:43 pm

Reply

Reblogged this on My Blog (<http://shinesonia000.wordpress.com/2014/04/21/194-character-defects/>).

By: **soniabellani** on April 21, 2014
at 3:38 pm

Reply

Awesome this was really helpful I'm tryna get my 6th step done.

By: **concepts101** on April 28, 2014
at 1:00 pm

Reply

I have a sponsor who requires 100 defects of character and I am on my 6th step, so this was really helpfull. Thx

By: **mentalnotes1** on April 29, 2014
at 3:12 pm

Reply

im working my 6 & 7 step now. i have a list of defects & assets,most apply,but some i dont know the meaning of the word so i dont know if it applies or not.is there a character defects dictionary

By: **Larry Wilson** on July 21, 2014
at 3:06 pm

Reply

Im interested in more self hatred

By: **Dennis Bon** on January 2, 2015
at 5:16 am

Reply

Um...

Pride
Greed
Wrath
Lust
Gluttony
& Sloth

Pretty much covers the entire list above.

By: **Derek Stone** on March 31, 2015
at 4:34 pm

Reply

oh and envy. lol

By: **Derek Stone** on March 31, 2015
at 4:35 pm

Reply

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