|  |  |  |
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| **Step 4 - Moral Inventory** | | |
| **Character defect** | **Give examples of each** | **Who was affected? (Name names!)** |
| **Self-pity** |  |  |
| **Self-justification** |  |  |
| **Self-importance** |  |  |
| **Selfishness** (inc. self-centredness, self-absorption, egocentricity) |  |  |
| **Self-condemnation** |  |  |
| **Criticizing** |  |  |
| **Negative thinking** |  |  |
| **Vulgar immoral thinking** |  |  |
| **Lying** – insincere, deceptive, hypocritical |  |  |
| **Procrastination** |  |  |
| **Laziness** |  |  |
| **Dishonesty** |  |  |
| **Impatience** |  |  |
| **Hate** |  |  |
| **Envy/jealousy** |  |  |
| **Gossip** |  |  |
| **Sexual misbehaviour –** harmful relationships |  |  |
| **Control, perfectionism** |  |  |
| **Anger, revenge** |  |  |
| **Sexism, racism, ageism** |  |  |
| **Violence** |  |  |
| **Others** – that apply to you |  |  |