

Character Defects Worksheet

Patient's name:		
Date:	Gender:	Age:
Occupation:		
Defect identification		
Identify your character defects that you struggle with most.		
Defect analysis		
Analyze each defect in detail using the following questions:		
How does this defect affect me?		
How does this defect affect others?		
How has this defect caused problems in the past?		
How can I work on improving or overcoming this defect?		

Defect action plan

Create an action plan for each defect using the following questions:

What specific actions can I take to improve or overcome this defect?

How can I track my progress?

What resources or support do I need to be successful?

Follow-up