

Character Defects Worksheet

Patient information: _____ [ClientInfo]: _____

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

Follow-up: