

Step 6 Were entirely ready for God to remove all these defects of character

6E Identifying Defects of Character

Self Righteousness & Perfectionism

Self righteousness is not the steady confidence of those with great ability. Instead it is that which drives us to try to be superior to those around us. Perfectionism is that constant dissatisfaction with my self and others.

How much do I reject gentle admonitions because “I know better”? Or take any challenge as a personal attack?

How do I react to those who blame me for their failures or feel that they are blaming me for all when they have some responsibility? How can I recognize that I am having self righteous anger?

How much do I push to be the one that others have to rely on? How much need do I have to be the expert at work, or the best at recovery? How much do I need to be in charge at home? What has this need cost me in health, relationships, and lost opportunities at work?

Do I structure relationships so that I am subtly or overtly always the boss?

How much do I blame others when things go wrong? Have I been able to accept my failings in such situations? How can I face my own shortcomings?

How much does my addiction love it when I fall back into these patterns? How can being “always right” justify taking addictive actions in my mind? (I deserve reward for putting up with this.)

How can I turn my sense of importance, my relationships, and how I react to my shortcomings over to a higher power?