



Addressing
CHARACTER DEFECTS
that feed
ADDICTIONS

RECOVERY

AND THE CHARACTER DEFECTS THAT
BLOCK IT

ANXIETY/
WORRY

FANTASIZING

EGOISM

SE

EA

SY

DESPAIR

RESENTMENT

CO

EL

HATE

DENIAL

JUDGMENTALISM

LONELINESS

For success in recovery, convert these

CHARACTER DEFECTS
to principles that will

STRENGTHEN
RECOVERY

FEAR

FAITH

HATE

LOVE

EGOISM

ANXIETY/
WORRY

COMPLACENCY

HUMILITY

SERENITY

ACTION



DENIAL

ACCEPTANCE

JEALOUSY

TRUST

FANTASIZING

SELFISHNESS

RESENTMENT

REALITY

SERVICE

FORGIVENESS



JUDGMENTALISM



TOLERANCE

DESPAIR



HOPE

SELF-
HATE



SELF-
RESPECT

LONELINESS



FELLOWSHIP

