

**Step 6 worksheet:** Review with your sponsor.

List one of your character defects and its opposite asset. Check with your sponsor that this should be on your list. Using a dictionary, define the character defect and its opposite asset.

Defect:	Brief Definition:
Asset:	Brief Definition:

1 or 2 recent examples of me acting on this defect:

Have I ever seen this character defect in others?

YES

NO

How do I feel when others act on this defect?

My acting on this defect harms or affects others by:

My acting on this defect harms or affects me by:

