

Defects	Life with this defect	Life without this defect	My prayer
I want to feel good all the time	With this defect, I am a slave to my feelings. I am not capable of planning for the future or pursuing something bigger than momentary pleasure. I am a hedonist. As ancient philosophers have always criticized about hedonism, the philosophy prevents the achievement of the very goal it claims to pursue. Because I pursue good feelings all the time, I will never actually gain a lasting sense of joy which comes from intimate connection or union with God because I am so short-sighted.	Without this defect, I would be free from my feelings. I would be able to endure periods of low emotions or somewhat difficult periods without using unhealthy coping methods. I would actually be able to grow as a person through suffering and increase in endurance, perseverance, and hope. I would be malleable for God to make me how He wants me to be, rather than unfaithful in believing that He will not provide for me if I don't feel good at this very instant.	God, please remove my defect of character that drives me to honor my feelings as my Higher Power. Please remove this part of me that enslaves myself to instant gratitude. Please teach me that my feelings are a terrible master, and should have no place in dictating how I act.
I eliminate people from my life if I find any reason not to trust them	With this defect, I do not give grace to people, or at least not very much grace. Because of my trust issues, I am always looking for reasons not to trust people, which leads to isolation and loneliness. For fear of having intimacy and then facing rejection, I avoid intimacy altogether, and the only way I can experience intimacy is by a long drawn out process of vetting someone to determine if they are never going to let me down, after which I would cease to pursue our relationship.	Without this defect, I could have real relationships with people, and give them grace. I could treat people with love, rather than being defensive and constantly looking out for myself. I believe that the people I have close relationships with should never cause me any pain or negative feelings, but without this defect I would be able to have enduring relationships, and I could really forgive people and build trust between us.	God, please remove this defect of mine which drives me to eliminate people from my life if I find any reason not to trust them. Please teach me to forgive people, and trust them despite their own defects. Please forgive me for treating people as poorly as I have.
I hold myself to a standard of perfection	With this defect, I hate myself most of the time. I spend most of my life beating myself up and kicking myself to be better and work harder. I do not give myself any grace for instances in the past when I have failed, in fact I vividly remember times I have failed and shame myself for not being perfect. I do all this in hopes that I will shame myself into working harder in hopes of making myself a better product in the end. Along the way, I don't love myself or even like myself most of the time. I view myself as a failure no	Without this defect, I could like myself. I could try my best in every area of life, and still love myself even when I fail. Without this defect, I would still be free to work on myself and have ambitions and a strong work ethic, and I would not be crippled by the fear of failure. In fact, I would probably be more free to try new things and learn because I am not deathly afraid of failing at anything.	God, please remove my defect of character which makes me a perfectionist. Please teach me that I am a valuable being because you have said so and because you made me. Please teach me that my actions do not define who I am, and I cannot earn any more affection or attention from you by my actions. Thank you for accepting me despite my flaws, and thank you for not loving me any more even when I grow as a person.

	<p>matter what I do, because I am not perfect in my actions of the past, present, or future. I think I'm a piece of shit every time I fail because there is no acceptable level of failure, therefore I do not accept myself.</p>		
<p>I want to be cared for by other people all the time</p>	<p>With this defect, I have to make myself appear sick so that other people will care for me. With this defect, my life is a desperate search for someone to hold me, care for me, and nurture me because I will not allow God to do that. Although I must be sure to not appear desperate, lest I appear less worthy of attention and affection. I am only seeking out people who are givers, never takers, because I am one of these takers whom I think so lowly of. I use people for comfort, care, and love, and become dependent on them for survival.</p>	<p>Without this defect, I would be free to engage in a relationship with someone on equal footing. I wouldn't be just a taker. I would be free to love them and care for them without expecting or demanding anything in return. I would not be desperate, I would be fulfilled outside of my relationships with people, and I'd be a better friend to people around me.</p>	<p>God, please remove my defect of character which drives me to seek comfort and nurturance from people all the time. Please teach me that You are the only one who can comfort me in the way I need, and teach me that other people are not a resource for me to take from or become dependent on. Please teach me to be dependent on you.</p>
<p>I am very hurt if someone does not respond with overwhelming appreciation to my efforts to serve them</p>	<p>With this defect, I only serve people conditionally. I serve them with the expectation that they will actually give me more than I give to them, because they give me appreciation and honor for my servant heartedness. And with this defect, I don't serve people if they are unappreciative or cannot give me the emotional and prideful affirmation I crave. I serve people with an appearance of selflessness, but actually it is a selfishness masked by the appearance of altruism.</p>	<p>Without this defect, I could serve people with their best interests in mind. And, I could experience more of God's presence in my life by loving people who don't always return that affection. I would understand more of how God loves me through this process.</p>	<p>God please remove my defect of character that makes me depend on other's appreciation and approval for my good works. Please teach me that I have the opportunity to serve other people and serve You, and that my reward is knowing more of who You are, experiencing more of your presence in my life, and caring for your children. Forgive me for craving people's affirmation more than your presence.</p>
<p>I view other people as a means to increase my own happiness</p>	<p>With this defect, I am very selective in who I form relationships with, because I am only focused on how our relationship will affect me. I am concerned with how their attributes will better my life, and I am quick to judge them as unworthy to</p>	<p>Without this defect, I would view people as children of God who have a soul rather than a means to my ends. I would view them as intrinsically valuable rather than instrumentally valuable. Also, by viewing other people as intrinsically</p>	<p>God, please remove my defect of character which moves me to view other people as only having value as they affect me. Please align my view of people with your view of people, as a treasured, special individual who I have the opportunity to build relationships with for selfless reasons.</p>

	be in my life if they don't make me feel better about myself.	valuable, I would reinforce the truth that I have intrinsic value too.	
I place unrealistic expectations on other people, usually I expect perfection from other people	With this defect, I don't like most people. I am looking for their faults and for reasons to not associate with them. And I view myself as better than them because they have defects, which are surely worse than mine. When someone fails me, I am scarred and cutoff the relationship entirely. I want to only associate with people whom I think are as perfect as I am. I live in this delusion for most of the hours of the day.	Without this defect, I would love people despite their flaws. I would care for them when they are at their worst, and I could have relationships which endure trauma and hurt. Without this defect, I could genuinely forgive people and genuinely forgive myself for not being perfect.	God, please remove my defect of character which drives me to place unrealistic expectations on other people. Please teach me to forgive people and myself. Please teach me that you are the only being who is perfect, and that I should reserve my expectations of perfection for you alone.