

Step 6 Inventory

Defect	Life with this defect	Vision of life without this defect	Affirmations
An excessive focus on "self". I want what I want, when I want it and I have a hard time ceding to the healthy needs of others.	I get resentful when I do not get my way and pout. To get my way, I will at times lie to and try to manipulate the other person to do what I want to do instead.	I would relate to people differently and be able to be more empathetic to others. I would value others equally and cease to lie and manipulate them to suit my selfish desires.	I am kind to others and treat them with respect and dignity.
I feel entitled to having my needs met by others.	I get upset or angry with others if I do not think that they are caring or attentive to my desires or needs and I will either lash out or withdraw, depending upon how badly I feel hurt by their inattention.	I would show more gratitude for what I have and spend less time focused on real or imagined slights, hurts and insults. I would feel more compassion for others and their needs.	I am grateful for all the gifts that my Higher Power has provided for me and I wish only the best for others.
I am very impatient with people and situations that I cannot control.	I get angry, upset and irritable when things are not happening at the pace I wish them to happen. I will raise my voice and react physically (throw things etc.) and then regret it when I calm down.	I would be calmer, would feel less regret for my actions and behaviors, and be less negative and angry with the world. I would be kinder and gentler to others and be more accepting of the challenges people have to meet on their own.	I accept the things that I cannot control or change and I do so with good humor and compassion for others. I am patient with each person and situation.
I can be manipulative when I want something and it is not readily available.	Relates to my selfishness behaviors. I look for vulnerabilities in others to exploit and attempt to get them to change their behaviors and actions to meet my needs.	I would be kind and more accepting of the needs and wants of others. I would reach out with a genuine desire to help meet the needs of others rather than my own.	I am a good listener and show concern for the needs of others. I respond to others in truth and with kindness.
I have a fear of being seen as incompetent by others.	My insecurities around this issue are deep. I avoid participation in some things unless I believe that I will be successful. If I do start feeling self-conscious, I may quit or try to withdraw from the situation.	I would accept the fact that I am far from perfect and that the world does not expect me to be perfect or even close to it. I would realize that failure is part of life and that people don't reject you automatically if you are imperfect.	I humbly accept that I am flawed and imperfect and that my worth as a person is not inextricably tied to my daily performance.
I am overly sensitive to criticism by others.	If I feel unfairly criticized, I get defensive and sometimes attack the other person verbally setting off a defensiveness chain of events.	I would take criticism constructively and not get defensive automatically. I would accept it as an opportunity for growth and development rather than as a threat to my ego. I would "put myself out there" more and stick to things if they aren't going well initially.	I say "thank you" to constructive feedback and demonstrate through my behaviors and actions that I took them to heart. I take more risks and try things even when they are uncomfortable and I may fail, because that is part of growth.
I would cut off relationships if I thought that they were not going the way that I wanted.	If someone hurt me, or did not treat me as I thought I should be treated, I would just withdraw from the relationship and isolate myself from that person to hide my hurt or disappointment.	I would try to determine the cause of my discomfort with the relationship and reach out to the other person with concern and understanding. If the relationship then failed, I would accept it as a natural part of growth and change.	I am quick to inquire and discuss uncomfortable situations. I forgive others and accept them as a fellow imperfect beings. I care more deeply about my relationships and work harder to preserve them.
I can be very stubborn and intransigent when I feel strongly about my opinions. I act as though I am smarter than anyone else in the room.	When I feel this way, I can be argumentative and contentious and refuse to acknowledge the validity of other opinions. I can be condescending to others.	I would try to listen first, ask questions and be thoughtful about my approach instead of speaking first. I would more carefully choose my words and watch my tone of voice to ensure that I was being respectful of others.	I listen first, talk later and treat everyone with respect and consideration.
I have had a need to be at the center of personal relationships and I can be very insecure if I don't feel as if I am in that position.	If I am not getting acknowledgement and attention, I get worried that the relationship is in jeopardy, so I overreact in some way, like getting jealous or I try to fish for compliments or affirmation.	I would not behave as though my life depended upon the approval of others and I would not act as though the other person needed to constantly affirm me. I would be more relaxed and accepting of the natural ebbs and flows of relationships.	I can play many roles in relationships and many of those roles are not focused on me. I can affirm myself through positive intentions and actions and be gain satisfaction from doing the right thing.

