

**Spiritual Principles**

1 2 3 4 5 6 7 8 9 10

**Character defects**

Acceptance/ Self-acceptance		disbelief, distrust, doubt, misgiving, skepticism, suspicion
Anonymity – to be faceless, without recognizable differences		False Pride, looking for differences, prejudice, Gossip
Autonomy – to be able to make an informed rational decision		Rigid conformity, wanting make decisions for others, or to have decision made for you, self-will
Belonging – “We”, unity of purpose		Separateness, withdrawn, Isolation, unhealthy self-reliance, not listening when others speak
Charity, giving		Selfishness, Envy, gluttony
Commitment – keeping true to one’s decisions, to one’s own recovery		Unwillingness or inability to commit, stopping but not quitting Indecisiveness, stagnation
Courage – action in spite of fear		Evasiveness, Bravado, Cowardice
Discernment – to be able to choose with recovery in mind, understanding right from wrong		foolishness, ignorance, naivety, senselessness, stupidity
Faith – belief without tangible evidence		disbelief, distrust, doubt, misgiving, skepticism, suspicion, fear
Generosity, Sharing		Greed, Jealousy, stealing
Grace / Compassion showing Mercy, Forgiveness		No mercy, Resentment, regret, Self pity, resentments, punishing, Guilt, regretful, Self condemnation
Gratitude – giving back of thanks where credit is due		Criticism, Dishonor, Thanklessness, Disregard, Neglect
Harmony, Serenity – finding joy in unity		Chaos – being disruptive, creating disharmony instead of unity, involving others in disputes or disagreements that are not their own, agitation,

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Honesty <ul style="list-style-type: none"> <li>• With tact and love</li> <li>• With one's self</li> <li>• With others</li> </ul>		Dishonesty, manipulative, Lying alibis and excuses rationalization, unrealistic wishes or goals, Denial, pride, cheating
Hope		Despair, Denial, Negative Thinking, self-pity
Humility		arrogance, egoism, pretentiousness, pride, self- importance self-deception
Integrity – being true to one's own values and ethics		Dishonorable behavior, Phoniness, hypocritical Insincerity, False pride,
Joy - looking for the positive or humorous, true heartfelt laughter		being critical, ingratitude, negativity, humorless, fault-finding
Open-mindedness – taking what is offered at face value, believing that a way other than what one believes will work		defiant, stubborn, uncooperative, Self justification, self-righteous, need to be right
Patience		Impatience, controlling, procrastination, interrupting
Perseverance		Cowardice, giving up, Laziness, sloth
Politeness		Inconsideration, insensitive, thoughtless, rude,
Prudence		Loose Talk carelessness Immoral thinking lust, talk too much,
Respect / Self-respect		Self importance, vanity, Egotism, Self-condemnation, giving advise or help where none was asked, enabling
Responsibility		apathy, idleness, indolence, laziness, lethargy Irresponsibility Victim, blaming
Sanity		Insanity – choosing wrong over right, Disregard for consequences

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Self-support		unhealthy dependency, unsolicited care-taking, enabling
Service – serving others		blockage, hindrance, impediment, injury, obstruction, inconvenience
Simplicity		Complication
Teaching by example		know it all, judgmental, bossiness
Timeliness		Lateness, Procrastination tardy
Tolerance		Pettiness Criticizing Perfectionism, conceit grandiosity Intolerance arrogance pushy
Trust		Suspicion, or trusting others when it is unwarranted or has already been proven untrustworthy
Unconditional Love		Hate, shame, blaming others, victimizing, Abusive anger, ill temper, verbally abusive, physically abusive, sarcasm, Rage, seeing one's self as the victim
Unity Harmony		antagonism, contention, disagreement, discord, disunity, division, hostility, variance
Willingness / Surrender		bad attitude, unwilling, unteachable, manipulation, doing what is suggested, acting on directions