

Column 5: Where had I been Selfish, Dishonest, Self-Seeking, Fearful, Inconsiderate?

<p>Ask yourself these questions to see if the character defect applies in this case...</p>	<p>Write one or more of these words in column 5</p>
<p>What did I want or not want to happen? Was I serving my own interests without concern for the needs and interests of others?</p>	<p>Selfish</p>
<p>What is the real truth? What is the lie I tell myself? Is it none of my business? Did I lie, steal, or cheat? Did I omit the truth? Tell only what I them wanted to know? Did I not express my true feelings? Can not see the situation as it truly is? Unreasonable expectations of others (expecting them to act the way I want)</p>	<p>Dishonest</p>
<p>What did I do to get what I wanted? Did I act out sexually? Refuse to have sex? Throw a temper tantrum? Intimidate with my anger? Act aloof? Snub or ignore? Pretend everything is fine? Use unkind expressions or acts? Use overly kind expressions or acts? Gossip? Manipulate? Control?</p>	<p>Self Seeking</p>
<p>Did I fear others' opinions? Not being loved? Not being liked? Abandonment? No control? Failure? Not being perfect? Confrontation? Ridicule? Less or better than? Rejection? Success? Intimacy?</p>	<p>Fearful</p>
<p>Gossip, Overly concerned with myself , Ignore, snub, act aloof Steal, lie, cheat, Not meaning what I say, Not saying what I mean, Use unkind expressions or acts, Use overly kind expressions or acts</p>	<p>Inconsiderate</p>