

Character Defects:

Abandonment Abrasive Aggressive Aloof Angry Anxious Apathetic
Argumentative Arrogant Attention-seeking Belligerent Bigot Bitter Bossy
Braggart Careless Closed-minded Cold-hearted Complaining Compulsive
Controlling Critical Cruel Deceitful Defensive Denial Dependent Depression
Detached Discriminatory Dishonest Disorganized Distant Distrustful Dominating
Dramatic Egocentric Envious Evasive Fearful Flighty Forgetful Gluttonous
Gossipy Grandiose Greedy Guilty conscience Hateful Head-strong Hostile
Humorless Immature Impatient Impulsive In-authentic Inconsiderate Inconsistent
Indecisive Indulgent Inhibited Insecure Insensitive Intolerant Irritable Isolated
Jealous Judgmental Lazy Lonely Lust Lying Manipulative Materialistic Negative
thinking Neglectful Obsessed Opinionated Over-cautious Overly-emotional
Passive Perfectionistic Perverted Pessimistic Possessive Prejudiced Preoccupied
Pride Procrastinator Promiscuous Prudish Quarrelsome Rageful Rebellious
Reckless Resentful Rigid Rude Sarcastic Secretive Self-centered Self-doubting
Self-hating Selfish Self-justification Self-pity Self-seeking Short-tempered Shy
Snob Stingy Stubborn Submissive Superficial Thin-skinned Thoughtless Timid
Undependable Undisciplined Unemotional Unforgiving Unfriendly Unrealistic
Unromantic Unstable Vague Vain Vindictive Vulgar White-knuckled Withdrawn
Workaholic

PRINCIPLE 4:

Openly examine and confess my faults to myself, to God, and to someone I trust.

"Happy are the pure in heart" (Matthew 5:8)

STEP 4: We made a searching & fearless moral inventory of ourselves.

"Let us examine our ways and test them, and let us return to the Lord."

(Lamentations 3:40)

STEP 5: We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

"Therefore, confess your sins to each other and pray for each other so that you may be healed." (James 5:16)

Working these steps, or going through a step study is the meat of this program(CR) and the same with AA. Meetings are great, but working the steps helps you dig deep into your soul, loosens up the dead works, so God's chisel can get to work. Attending Church is great, but w/o personal Bible study and prayer, we are powerless Christians.

This principle is about coming clean with our past and present (truth decay), so God can start to chisel away baggage and give us a better future. *We are all under God's chisel till the day we die.*

A moral inventory is basically an honest WRITTEN list of the events of your past, both GOOD and BAD (balance is important). It's a look at defects AND assets of character, strengths, weaknesses, and damage we have caused. Seeing our past **in print** brings us face to face with the reality of our character defects. *Lamentations 3;40 – examine our **ways**...*

HOW DO WE GATHER THIS INVENTORY LIST?

1) Finding a sponsor and/or accountability partners is necessary.

Someone who has been there and done that is key to help guide us through the process. (*Ecclesiastes 4:9 – "Two are better than one, because together they can work more effectively."*)

2) Time in prayer...

King David (2 Samuel 11&12), a man after God's own heart was a man of prayer, yet had a dark side. Ended up writing 73 of the Psalms in your Bible.
(*Psalm 139:23-24: "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."*)

3) Appointment with myself to start the inventory

A whole day, long weekend in a cabin, or a few hours here and there (this is the method I used, it took me a few weeks to get it all together).

4) Begin the list (remember – positive and negative).

NEGATIVES:

- A) What do I feel guilty or remorseful about?
- B) What or who do I resent?
- C) Who or what do I fear?
- D) How has pride been a stumbling block?
- E) Have I been trapped in self-pity?
- F) Have I been honest with myself and other?
- G) Have I used people to get what I want?

POSITIVES:

- A) What or who has brought me joy?
- B) What specific actions occurred to encourage me?
- C) What effect do these have on my life?
- D) What part of joy am I responsible for?

5) Trust JESUS..

Yes, sponsors and accountability partners play a big part and are there to encourage us and help us in this journey, but the power of The Holy Spirit, that Jesus poured out for us, is how we access the power to move beyond our hurts, hang-ups, and habits.

(Isaiah 40:29: He gives strength to the weary & increase the power of the weak.)

NOW ITS TIME TO CONFESS AND ADMIT TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS (*James 5:16*)

- 1) We lose our sense of isolation.
- 2) We will begin to lose our unwillingness to forgive.
- 3) We will lose our inflated false pride.
- 4) We will lose our sense of denial.
- 5) We gain healing that the Bible promises.
- 6) We gain freedom.
- 7) We gain support.

VINCE'S TESTIMONY

Character assets: Accepting Adventurous Agreeable Analytical Approving Assertive Attention-giving Attentive Bold Careful Cautious Cheerful Concerned Confident Considerate Content Controlled Cooperative Courageous Decisive Dependable Disciplined _Extroverted Faithful Flexible Forgiving Free Friendly Generous Gentle Grateful Guilt-free Helpful Honest Humble Industrious Involved Kind Lawful Loving Moderate Modest Nice Open Open-minded Optimistic Organized Outgoing Patient Peaceful Permissive Persistent Playful Polite Punctual Realistic Relaxed Reliable Responsible Romantic Selfless Self-sufficient Sensitive Serene Sociable Specific Spiritual Straight-forward Thoughtful Tolerant Trusting Warm Willing Witty