

Suggested List of **Liabilities and Defects of Character**

- pessimism
- impulsivity
- perfectionism
- confusion
- procrastination
- criticism
- frustration
- loneliness
- stubbornness
- betrayal
- burning guilt
- excess shame
- remorse
- self pity
- self centeredness
- depression
- anxiety
- hopelessness
- passivity
- approval seeking
- sense of inadequacy
- fear
- denial
- rationalizing
- worry
- control
- inconsiderateness
- dishonesty
- selfishness
- resentments
- egotism
- false pride
- anger
- hatred
- self seeking
- conceit
- intolerance
- bigotry
- impatience
- jealousy
- arrogance
- condemnation
- revenge
- uncharitableness
- greed
- lust
- gluttony
- envy
- laziness
- paranoia
- manipulation
- abuse
- obsessiveness
- unreasonable demands