

**Triangle Area SAA
Recovery Manual Steps 1 - 9
Track 3**

List of Step 4 Character Defects

Abrasiveness P	Enviousness E	Materialism - PEL	Self-seeking PAGI
Aggression A	Evasiveness PS	Negative Thinking S	Short-tempered PAS
Aloofness P	Fear S	Neglect – PS	Snobbery PAEGI
Anger	Flightiness S	Obsessed - SELGI	Stinginess GI
Apathy S	Forgetfulness S	Opinionated - PALGI	Stubbornness PA
Argumentativeness PA	Gluttony	Over-cautious S	Submissive PAS
Arrogance P	Gossiping PLGI	Overly-emotional SGI	Superficial P
Attention-seeking PLGI	Grandiose PL	Passivity S	Thin-skinned PA
Bigotry PA	Greed	Perfectionism PLEGI	Thoughtless PAS
Belligerent PA	Guilty Conscience PA	Perversion ALL	Tight GI
Bitter PAEGr	Hate PASE	Pessimism PS	Timid S
Bossy PA	Head-strong P	Preoccupation S	Undependable PSGI
Braggart PAGI	Hostile PA	Pride	Undisciplined PAS
Careless S	Humorless SGr	Procrastination PS	Unemotional PA
Cold-hearted PA	Immature PAS	Promiscuity LGIS	Unfriendly PAS
Complainer GIP	Impatience PA	Prudish P	Unrealistic PAGI
Compulsive LGI	Impulsive PSL	Quarrelsome PA	Unromantic PE
Critical PAE	In-authenticity PLGI	Rageful PA	Unscrupulous PASGIL
Cruelty PA	Inconsiderate PGIL	Rebellious PA	Un stable S
Deceitful PGr	Inconsistent S	Reckless PAGI	Vague S
Defensiveness P	Indecisive S	Resentful PAE	Vanity PGI
Denial PS	Indulgent LES	Rudeness PAL	Vindictive PASGI
Dependent S	Inhibited SGI	Rueful PSGI	Vulgar LGIS
Depression S	Insecure S	Sarcasm PASGI	White-knuckled PASGI
Detached P	Insensitive AS	Secretive PGI	Withdrawn AS
Discrimination PA	Intolerant PAE	Self-centered PAGIL	Workaholic PASGI
Dishonesty PSGr	Irritable A	Self-condemnation PAS	
Disorganized S	Isolationism PS	Self-doubting PAS	
Distant P	Jealousy PE	Self-hating PASGI	
Distrustful PA	Laziness SP	Self-importance PASGIL	
Dominating PLA	Lust	Selfishness PASGI	
Dramatic PGI	Lying PLGI	Self-justification PAS	
Egocentric PGIGr	Manipulative PGr	Self-pity PS	

PRIDE - P

SLOTH – S

ENVY – E

ANGER - A

GREED - Gr

GLUTTONY – GI

LUST - L