The way my defects show up in my life:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **List Defect** | **Specific Behaviors** | **Any Associated Feelings?** | **What is the payoff I get from this defect?** | **Why is the payoff important to me?** | **When have I felt like this before?** | **What might I try instead? (PRAY for help w/ these)** |
|  | 1.  2.  3. | 1.  2.  3. |  |  |  | 1.  2.  3. |
|  | 1.  2.  3. | 1.  2.  3. |  |  |  | 1.  2.  3. |
|  | 1.  2.  3. | 1.  2.  3. |  |  |  | 1.  2.  3. |
|  | 1.  2.  3. | 1.  2.  3. |  |  |  | 1.  2.  3. |
|  | 1.  2.  3. | 1.  2.  3. |  |  |  | 1.  2.  3. |