

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.
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