

The way my defects show up in my life (hypothetical examples of a wide range of sample behaviors):

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 this before?	What might I try instead? (PRAY for help w/ these)
People Pleasing or Approval Seeking	1. I say Yes when want to say No 2. I volunteer for stuff I don't really want to do 3. I don't say anything when something is bothering me	1. Tightness in chest and jaw 2. A jumpiness, restlessness 3. Martyred	People praise me I feel good about myself I think I have value I get my self esteem I get recognition	Image management; deep inside I must think I am not OK and I do not have self love. Need external recognition because I don't have it internally	With Pam; with my college roommate; with the state wide church conference; with the PTA; with Bob	1. Instead of saying yes, saying "let me think about it" & call friend to work it through 2. Work with my sponsor to get the courage to say things that bother me. 3. Ask God to help me love myself, as I am, defects and all.
Bullying	1. Sending angry blasting emails 2. emotional blackmail (withholding until I get my way) 3. backing people into a corner (figuratively)	1. energy in my fists 2. roiling in my gut 3. angry 4. resistant	I get my way I know I'm right so the right thing happens Control I get respect	Because without control I am afraid people will take advantage of me and I don't want to feel vulnerable or weak;	In every negotiation for me or a client; with my ex-wife; on that XTS project	1. Taking a breath first before launching 2. Recognizing vulnerable does not mean weakness and finding ways to be vulnerable with people I trust and feel safe with 3. When I see an event coming on the horizon that I know is a trigger; step back and talk to my sponsor before reacting
Judgmental	1. Gossip about people 2. 3.	1. elated 2. self-righteous 3. superior 4. smug	Feel superior I get elevated above whomever I gossip about I feel reassured about myself	It hides my own insecurities...that I think I am not OK – no self love.	High school with Lee; the conflict w/ David in 1996; situation with Sue	1. Do not talk about anyone unless they are part of the conversation 2. When I think someone is doing something wrong, look at my own life and see where I have done that same behavior 3. Ask God to help me love myself
Unreliable	1. Drop out of groups & committees w/o saying anything 2. Don't follow through when I say I will do something 3. Don't visit family	1. tiredness behind my eyes 2. emptiness in my chest 3. Sad, frustrated, avoidant	People don't bother me I am not tied down – I keep my options open	I am afraid of limited internal resources and this is a way to protect myself;	With the TPS event planning committee; sister's wedding; wife's charity project	1. Don't commit unless I am really going to follow through 2. Pick one thing and fully engage with it and talk to my sponsor if I want to back out and find ways to stay in