

Some Examples of Defects With Abbreviations

Apathy (AP)	Immaturity (IMM)	Playing Victim (PV)
Arrogance (AR)	Insecure (INS)	Projecting (PJ)
Abusive (AB)	Intolerant (INT)	Rage (RA)
Competitive (COM)	Impatient (I)	Procrastinating (PC)
Critical (CR)	Intolerant (IT)	Selfish (S)
Cruelty (CU)	Jealousy (JE)	Self Centered (SC)
Defensive (D)	Manipulative (M)	Self Pity (SP)
Defiance (DEF)	Over-reactive (O)	Self Righteous (SR)
Dishonest (DIS)	Over-Responsible (OR)	Self Seeking (SS)
EGO (E)	Overly Sensitive (OS)	Spiritual Snotty (SSN)
Envious (ENV)	Passive (PS)	Stubborn (STB)
Grandiosity (G)	People Pleasing (PP)	Teasing (T)
Hostility (H)	Perfectionism (PF)	Vindictive (V)
Hypocrisy (HYP)	Playing God (PG)	Violent (VIO)

Don't forget the original defects, the 7 Deadly Sins

Pride is excessive belief in one's own abilities, that interferes with the individual's recognition of the grace of God. It has been called the sin from which all others arise. Pride is also known as Vanity.

Envy is the desire for others' traits, status, abilities, or situation.

Gluttony is an inordinate desire to consume more than that which one requires.

Lust is an inordinate craving for the pleasures of the body.

Anger is manifested in the individual who spurns love and opts instead for fury. It is also known as Wrath.

Greed is the desire for material wealth or gain, ignoring the realm of the spiritual. It is also called Avarice or Covetousness.

Sloth is the avoidance of physical or spiritual work.

Some Examples of Fears

Abandonment	Dying	Losing Jobs
AIDS	Economic Insecurity	Losing Wife
Alcohol	Failure	Men or Women
Animals	Future	Not Fitting In
Authority	Getting Old	Not Being Enough
Being Bad	God	Of the Unknown
Being Found Out	Government	Parents
Being alone	Heights	Past
Being on My Own	Homosexuality	Physical Pain
Being Stupid	Hostility	Police
Being Ugly	Humiliation	Poverty
Confrontation	Inadequacy	Races (other)
Creditors	Insanity	Rejection
Crying	Insects	Relapse
Darkness	Insecurity	Responsibility
Death	Intimacy	Self Expression
Disapproval	I.R.S.	Sex
Disease	Jails	Sin
Doctors	Loneliness	Stealing
Drowning	Losing Children	Success
Drugs	Losing Husband	Violence