

CHARACTER TRAITS

STEP FOUR: Make a searching and fearless moral inventory of ourselves.

Here's a handy checklist to use along with the Al-Anon Booklet, *Blueprint for Progress* (P-5). Together, they provide a practical guide to discovering your personal character traits.

Aware of others	Self-centered
Helpful to others	Self-indulgent
Generous	Selfish
Thoughtful	Self-pitying
Open-minded, gracious	Smug, stubborn
Constructively critical	Judgmental
Respectful	Disrespectful
Patient	Impatient
Tolerant	Intolerant
Realistic	Unrealistic
Reasonable	Unreasonable
Assertive	Submissive
Cooperative	Domineering
Outgoing	Withdrawn
Forgiving	Resentful
Trusting	Suspicious
Trustworthy	Prone to gossip
Content	Envious
Agreeable	Disagreeable
Cheerful	Depressed
Courteous	Discourteous

Kind	Unkind
Loving, caring	Indifferent
Discreet	Lacking discretion
Stable	Panicky, violent
Consistent	Inconsistent
Sincere	Insincere
Honest	Dishonest
Willing to admit faults	Self-righteous
Humble	Arrogant
Calm	Worrisome
Relaxed	Tense
Confident, having faith	Fearful, apprehensive
Hopeful	Despondent
Optimistic	Pessimistic
Living in today	Living in the past, guilt feelings
Industrious	Lazy
Prompt	Procrastinating
Purposeful	Aimless
Responsible	Irresponsible
Using talents and abilities	Disinterested in self
Thankful	Ungrateful
Willing to continue to seek emotional and spiritual balance	Smug, complacent

1. Al-Anon Family Group Headquarters, Inc., *Blueprint for Progress: Al-Anon's Fourth Step Inventory*, Virginia Beach. AFG, Inc. © 1992, pp. 52-54.

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