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The annual inventory is complete. I have had a confessional conversation with my spiritual advisor. I can now think about the Exact Nature of the Character Defects and which manifested in the Wrongs.	Causes and Conditions. With prayerful meditation try to identify the causes of the manifestations of the defects of character that are observed, and conditions in which the manifestations are likely to occur.	Actions which have been reviewed with your sponsor and other close and trusted advisors. Actions that can be taken and measured, which deal with the exact nature of the Character Defect(s).	Measure the Actions which you have promised to take on a weekly, monthly or quarterly basis. If it matters, measure it.	Q1	Q2	Q3	YE
Exact Nature of the Character Defects.	**Causes and Conditions of the Wrongs Resulting from the Character Defect.**	**Actions to be taken to resolve the Defects.**	**Measurement of the Action to resolve the Defect.**				
Examples:	Examples:	Examples:	Examples:				
Anger: I become angry when the slightest thing goes wrong, things have to be perfect, I have to feel good all the time.	Failure to prepare for the day ahead. When I set the day up it goes better and I am ready for all problems.	In morning meditations review the day ahead and identify points that could be anger creating or inducing and pray for guidance.	Percentage of mornings that I review my calendar for potential problems. Target - 100%				
	Conscious awareness of God. A lack of conscious awareness of God in my day to day activities.	Set up alarms on my phone to remind me of the Presence of God, to habituate my God Consciousness	Set up five alarms, and then pay attention to them when they alert me. Golden Key by thinking of God. Target - 50% of the time I focus on God with the alarm.				
	Remind myself of the problems and frequency. Increase the frequency of inventories and confessional conversations around anger incidents.	Review anger incidents with my sponsor every 2 weeks.	How many times did we do this? Target - every 2 weeks.				
Sex. I indulge in risky behaviours and I am self centered in wanting only my pleasures to be satisfied. I don't care about the consequences or anyone else.	Am I in charge of my mental state or are the instincts in charge?	Purity, to live with greater purity and management of my sex instinct.	How many times did I act in an impure manner? This includes visiting web sites that I should not visit and other manifestations of completely self centered sex activities, whether you are alone or not. Target - 1 free day per week, increasing to 4 free days per week.				
	Am I only interested in myself and my satisfactions?	Patience is a hall mark of my ideal sex life, patience and sharing of enjoyment and sex.	How many times did I demand sex from my wife and/or get into a snit if I did not get it? Target - never.				
			Pay attention to her needs and wants. Flowers. Think of her first. Minimum 20 minutes of cuddling before sex. Record the number of times I cuddled with my partner for at least 20 minutes. Target - 50% of the time.				
Entitlement. I feel that I am entitled to judge and then act on those judgements.	I feel a deep and satisfying urge to judge, and feel that I am entitled to judge people, places and things. Moreover I feel that I am entitled, maybe required, to act on those judgements. I am like the businessman lolling on the beach.	During weekly conversations with my sponsor review how many times I have felt entitled to judge and act. Seek first knowledge of God's will and leave the judgements to Him. This is tied to the alarms that I have set up on the phone, which will help my habituated awareness of God during the day. Remind myself that if something the someone is doing irritates me there is a good chance that I am projecting an irritation faith myself for doing that very thing. You spot it, you got it.	Record my record of entitlement and judgement with my sponsor. Target - biweekly contact with sponsor on this issue, 100%				

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