THE NATURE OF OUR WRONGS

MAA TENTH STEP SUPPORT MATERIAL

SELFISHNESS

- Being miserly or possessive
- Being too concerned about myself
- Believing others are jealous
- Blind to the needs, problems, or viewpoints of others
- Concerned only with my own needs
- Controlling or dominating
- Expecting others to be like me
- Expecting others to meet my needs, dependence
- Expecting special treatment
- Not trying to be a friend
- Reacting from self-loathing
- Reacting from self-righteousness
- They/It should have ...
- Thinking I'm better than, grandiosity
- Trying to look good or be liked
- Wanting more than my share
- Wanting them to follow my script
- Wanting things my way
- Wanting to be the best, competing
- Wanting what others own or have

DISHONESTY

- Avoiding reality, hiding, not facing facts
- Blaming others for my problems
- Breaking the rules
- Exaggerating or minimizing
- Expecting others to be different than they are
- Having a superior attitude, thinking I am better
- Justifying my bad behavior
- Lying, cheating, stealing
- Not admitting I've done the same thing
- Not being clear about my motives
- Not expressing feelings or thoughts
- Playing the victim
- Rationalizing, making excuses, pretexts
- Refusing to see my role or admitting where I was at fault
- Seeking perfectionism
- Self-delusion, living in fantasy, lying to myself
- Setting myself up to be “wronged”
- Stubbornly holding on to inaccurate beliefs

SELF-SEEKING

- Acting superior
- Behaving to fill a void
- Acting out strictly to feel good
- Engaging in character assassination
- Engaging in gluttony, lusting, shopping, etc.
- Getting revenge when I don't get what I want
- Holding a grudge or resentment
- Ignoring other people’s needs
- Manipulating others to do my will
- Putting others down mentally or verbally to build myself up
- Trying to control others

FEARFULNESS, FEAR OF …

- Aloneness, loneliness
- Being hurt, rejection, abandonment
- Being trapped
- Change, uncertainty, loss
- Criticism, judgement, peoples' opinions
- Difficulty, discomfort, pain, injury
- Embarrassment, exposure
- Emotional or physical abuse
- Failure or success
- Imperfection, making mistakes
- My inferiority, inadequacy
- Not being able to control or change someone
- Voicing my feelings, thoughts, ideas