

Sublimation

You can use sublimation to use your character defects to your benefit. How Does Sublimation Work? Consider what might happen if you are overcome with anger. An emotional blow-up is one way of dealing with these feelings, but such expressions of emotion can be harmful. For instance, you might find yourself with damaged relationships and a reputation as a hothead.

Rather than fly off in a fit of rage, what if you channeled those angry emotions into some type of physical activity, such as cleaning your house? You might spend a few hours angrily scrubbing down your kitchen and bathrooms.

Once your feelings of frustration eventually subside, you are left with a positive result—a sparkling clean house. This is one example of how sublimation can transform negative impulses into behaviors that are less damaging and even productive.

The 12 Principles of AA

1. HONESTY – Fairness and straightforwardness of conduct: adherence to the facts.
2. HOPE – To expect with desire; something on which hopes are centered.
3. FAITH – Complete confidence; belief and trust.
4. COURAGE – Firmness of mind and will in the face of extreme difficulty; mental or moral strength to withstand fear.
5. INTEGRITY – The quality or state of being complete or undivided; soundness.
6. WILLINGNESS – Prompt to act or respond; accepted and done of choice or without reluctance.
7. HUMILITY – Not proud or haughty; not arrogant or assertive; a clear and concise understanding of what we are, followed by a sincere desire to become what we can be.
8. LOVE – Unselfish concern that freely accepts another in loyalty and seeks his good to hold dear.
9. DISCIPLINE – Training that corrects, molds, or perfects the mental faculties or moral character; to bring under control; to train or develop by instruction.

10. PATIENCE/PERSEVERANCE – Steadfast despite opposition or adversity; able or willing to bear; to persist in an understanding in spite of counter influences.
11. AWARENESS – Alive and alert; vigilance in observing.
12. SERVICE – A helpful act; contribution to the welfare of others; useful labor that does not produce a tangible commodity.

Some Examples of Character Defects/Shortcomings and Their Opposites:

Selfish/Unselfish/Giving/Sharing; Dishonest/Honest; Resentful/Forgiving;
Afraid/Fear/Faith; Arrogant/Humble; Egotistical-Egoism/Modest;
Cocky/Mild; Envy/Grateful; Sloth/Hard Working/Industrious;
Gluttony/Sharing; Impatient/Patient; Vengeful/Loving; Hurtful/Kind;
Sarcastic/Complimentary; Intolerant/Tolerant; Hateful/Forgiving;
Inconsiderate/Considerate; False Pride/Modest; Greedy/Content, Giving;
Thieving/Honest, Giving; Lustful/Content; Angry/Happy; Jealous/Secure,
Trusting; Procrastination/Timely; Self-Seeking/Charity/Helpful for others;
Self-Centered/Selfless/Thoughtful; Self-Righteous/Gracious;
Self-Pity/Lenient, Positive; Self-Justification/Accepting;
Self-Important/Considerate of others; Self-Condensation &
Criticism/Self-Embracing & Self-Approval; Smoking/Non-smoking; Low
Self-Esteem/Self-Acceptance;

Suspicious/Trusting; Insecure/Secure/Fulfilled; Manipulative/Compliant,
Accepting; Abusive/Caring; Conceited, Vain/Unassuming;
Non-Committal/Definite, Committal; Rationalization/Acceptance, Reality;
Judgmental/Fair Minded, Understanding; Denial/Acceptance; Opinionated, Obstinate/Fair
Minded; Violent/Cuddly, Loving; Prejudice/Open Minded.

More Character Defects: Controlling, Bully, Paranoid, Needy, People Pleasing, Fake,
Irresponsible, Perfectionist, Martyr/Victim, Infidelity, Enabling, Immoral, Pompous, Gossip,
Character Assassination, Liar, Fear, False Humility, Arrogance, Egotistical, Narcissistic, Greed,
Cowardice, Pride, Profane Language, Stubbornness.

7 Deadly Sins

pride, greed, lust, envy, gluttony, wrath, and sloth