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-Condemnation & 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