

How to identify personality defects in ourself?

Preface

Every individual, be it a common man or a seeker treading on the path of Spirituality, strives to obtain supreme and eternal happiness. While making efforts for obtaining happiness, everyone aims to eliminate sorrows. These efforts involve finding the obstacles in attaining happiness and reasons for sorrow, and eliminating them. In spiritual terminology, this process is called achieving introversion. Both, common individuals as well as seekers in the preliminary stages are extroverted by nature and hence are ignorant of 'How am I as a person ?' Besides, everyone has false notions about himself. Based on these notions, the individual creates an illusory image in his mind about the self, which is far from reality. Knowingly or unknowingly, the individual continuously tries to protect this illusory image. In the first stage of introversion, destroying the illusory image about oneself, studying one's own mind, and thus, identifying the true self, is essential. The closer the identity of the self to the real self, more is the effectiveness of the process of introversion.

While studying our own mind, finding the qualities and personality defects that form a part of our character is important. This Text elucidates on the methods used in the PDR (Personality Defect Removal) process to identify our qualities and personality defects and various ways to bring about the necessary changes in ourselves so that we develop introversion. The unruly mind is unwilling to accept the truth about its qualities and personality defects. It deceives and deludes itself at every step and the individual finds it difficult to accept his personality defects even after they have been identified during the process. Often, the ego stands in the way of acceptance, and efforts to comprehend the mind are misdirected. All this leads to making mistakes at various stages of this process. As a result, the individual does not change as expected and this leads to severe depression. To eliminate these obstacles on the path to becoming introverted and to implement this process successfully, detailed information has been provided in this Spiritual text on various aspects such as qualities required, perspectives necessary while implementing various stages in this process, points to be taken care of while implementing each step and the mistakes to be avoided.

Our prayer unto the Holy feet of Shri Guru is - May the readers be able to bring about positive changes in their attitude through the 'Personality Defect Removal' process and lead a happy and successful life; and by becoming introverted, may they be able to progress on the Path of Spirituality. - **Compiler**

Index

Chapter 1: Preliminary information on temperament, virtues, personality defects and the 'Personality Defect Removal' (PDR) process	
1. Temperament	16
2. Personality defect removal (PDR) process	17

3. The stages of action in the PDR process	18
4. Misunderstandings about the PDR process	20
5. The main obstacles in implementing the PDR process	22
6. Qualities essential for the success of the PDR process	23
7. Useful suggestions before commencing the PDR process	25
Chapter 2: Stage 1. Writing the incidents and mistakes in the PDR chart	
1. Format of PDR chart	27
2. Method of filling the PDR chart	28
3. Measures to be adopted if one is unable to identify PD's	35
4. Mistakes to be avoided while making entries in the chart	35
5. Benefits of filling the PDR chart regularly	39
6. Measures to attain consistency in filling the PDR chart	41
7. Spiritual experiences of seekers writing the PDR chart	42
Chapter 3: Stage 2. Studying the incident, incorrect actions & reactions, and depending on the incident deciding on the correct actions and responses	
1. Method of deciding the correct action after studying the incorrect action	45
2. Method of deciding the correct response	46
3. Aspects to be considered while studying the incorrect actions and reactions	51
4. Spiritual experiences after studying the points in 'Stage 2'	53
Chapter 4: Stage 3. Asking one's mind correct questions, analysing the incorrect actions & reactions and thus finding out basic PD's	
1. Aspects to be considered while searching for the main reason for the incorrect action or reaction	55
2. Improper analysis of the incident and incorrect direction of the PDR process	56
3. Method of finding the personality defects by studying the incorrect actions	57
4. Method of finding the personality defect by studying the incorrect reaction	60
5. Various aspects to be considered while posing different questions to the mind after studying an incident	62
6. While analysing the incorrect action or reaction, contemplate on the correct action and response	64

7. Spiritual experiences on studying the incidences as per 'Stage 3'	65
Chapter 5: Stage 4. Making a list of personality defects, grouping them and selecting three intense PD's for PDR process on priority	
1. Preparing a list of PD's	67
2. Classification of PD's	67
3. Setting priority of personality defects	70
4. Mistakes to be avoided while deciding priority of PD's	77
*List of personality defects	78