Two funnels run start to finish — twenty words in, prayer out. Both live in **examples/sexual-ideal-example.md**, alongside two more finished prayers.

WORKED EXAMPLE — "DAVID"

married — from the marriage sex inventory

His Question 9 answers pointed to honesty, presence, emotional availability, shared decision-making, participation in family life, appreciation, vulnerability, responsibility, and putting the marriage first.

TWENTY — THE FIRST CUT STRIKES TEN

honest · present · ~~emotionally available~~ · faithful · patient · appreciative · responsible · good communicator · ~~humble~~ · ~~supportive~~ · sober · spiritual · ~~affectionate~~ · ~~hard-working~~ · ~~financially open~~ · ~~family-oriented~~ · ~~vulnerable~~ · ~~reliable~~ · ~~forgiving~~ · kind

TEN — THE SECOND CUT STRIKES FIVE

honest · present · faithful · ~~patient~~ · ~~appreciative~~ · responsible · ~~good communicator~~ · ~~sober~~ · ~~spiritual~~ · kind

THE FIVE

honest · **present** · **faithful** · **responsible** · **kind**

> *God, help me to be an honest man in all my relationships — honest about who I am, what I'm feeling, and what I'm struggling with. Help me to be present — truly present — with my wife and children, not hiding behind work or substances. Help me to be faithful in every sense: physically, emotionally, and in my attention. Help me to take responsibility for my part in the home, the family, and the marriage — not as a burden, but as a privilege. And help me to be kind — patient when I want to be critical, gentle when I want to be harsh, and grateful when I want to take things for granted. Thy will be done.*

WORKED EXAMPLE — "RACHEL"

single — from the dating sex inventory

Her Question 9 answers pointed to honesty about who she is, not people-pleasing, waiting before getting involved, saying real feelings out loud, direct communication, not using people, and her own recovery.

TWENTY — THE FIRST CUT STRIKES TEN

honest · ~~respectful~~ · genuine · patient · sober · direct communicator · ~~self-aware~~ · independent · spiritual · ~~emotionally mature~~ · considerate · ~~courageous~~ · boundaried · ~~grateful~~ · ~~kind~~ · accountable · ~~faithful~~ · ~~fun-loving~~ · ~~grounded~~ · ~~compassionate~~

TEN — THE SECOND CUT STRIKES FIVE

honest · genuine · ~~patient~~ · sober · ~~direct communicator~~ · ~~independent~~ · ~~spiritual~~ · considerate · boundaried · ~~accountable~~

THE FIVE

honest · **genuine** · **sober** · **boundaried** · **considerate**

> *God, help me to be honest — about who I am, what I want, and what I don't want — from the very first conversation. Help me to be genuine rather than performing a role to be liked. Help me to stay sober and grounded, making decisions from clarity rather than fear of being alone. Help me to have boundaries — to know where I end and another person begins, and to respect both. Help me to be considerate of others' time, feelings, and trust. Help me not to use people to fill the hole inside me. Help me to wait until I am ready, and to walk away when something isn't right, even when it's hard. Amen.*

The cut words don't leave the ideal — they leave the center. David's prayer still carries *patient* and *grateful*; Rachel's still carries *grounded*. The five name what the prayer is *about*; the rest ride along inside it.