Sane & Sound Ideal — Word Bank

Step Four · words for the 20–10–5, by relationship role

Sometimes you know how you want to be but can't find the word for it. This is a place to look. **It does not tell you what your ideal is** — it hands you words. You pick the ones that land.

> *"In this way we tried to shape a sane and sound ideal for our future sex life. We subjected each relation to this test—was it selfish or not? We asked God to mold our ideals and help us to live up to them."*
>
> — Big Book, p. 69

How to use this sheet: 1) Start with your own **Question 9** answers — *"what should I have done instead?"* Come here only for the words you couldn't find. 2) Scan a group, take **one word per group** — that keeps the no-synonyms rule automatically. 3) Circle far more than 20 on the first pass; narrow afterward. 4) Run the funnel: **20 → 10 → 5**. 5) Turn the 5 into a prayer.

On synonyms: near-synonyms are listed side by side on purpose — *faithful / loyal / devoted / true* — so you can find the one that hits you. Only **one of them** goes on your 20.

On honesty: pick the word you actually need, not the one that sounds good read aloud. An ideal built to impress isn't an ideal, it's a résumé.

PART ONE

Core Character — Every Role

Thirty-four groups. Take one word from a group, not two.

1 HONESTY

honest · truthful · transparent · candid · forthright · straight · sincere · genuine · real · no secrets · open-booked

2 WILLINGNESS

willing · teachable · open-minded · coachable · receptive · correctable · unresisting

3 HUMILITY

humble · right-sized · modest · unassuming · ordinary · one among many · unpretentious

4 COURAGE

courageous · brave · bold · resolute · steadfast · willing to be uncomfortable · willing to be disliked

5 PATIENCE

patient · unhurried · long-suffering · forbearing · slow to react · willing to wait

6 TOLERANCE

tolerant · accepting · non-judgmental · live and let live · gracious with difference · unshockable

7 KINDNESS

18 SELF-RESTRAINT

restrained · self-disciplined · temperate · measured · pauses before speaking · doesn't have to say it

19 PEACEABLENESS

peaceable · calm · non-argumentative · easy-going · harmless · slow to anger · unprovokable

20 PRESENCE

present · attentive · engaged · focused · undistracted · listening · here

21 EMOTIONAL HONESTY

emotionally available · vulnerable · open · expressive · communicative · self-disclosing · says what I feel

22 SELF-AWARENESS

self-aware · reflective · watchful · insightful · honest with myself · spots my own motives

23 BOUNDARIES

boundaried · clear · says no when it's no · respects limits · unenmeshed · independent · honest about capacity

24 NON-CONTROLLING

kind · gentle · warm · tender · considerate · thoughtful · courteous · gracious

8 **LOVE**
loving · affectionate · devoted · cherishing · warm-hearted · demonstrative

9 **COMPASSION**
compassionate · empathetic · merciful · tender-hearted · understanding · moved by others' pain

10 **FORGIVENESS**
forgiving · merciful · non-retaliating · quick to pardon · releases grudges · refuses to keep score

11 **FAITHFULNESS**
faithful · loyal · devoted · committed · steadfast · true

12 **RELIABILITY**
reliable · dependable · consistent · follows through · keeps my word · punctual · predictable

13 **RESPONSIBILITY**
responsible · accountable · owns my mistakes · answerable · carries my weight · does my share

14 **INTEGRITY**
principled · upright · incorruptible · whole · same in private as in public

15 **UNSELFISHNESS**
unselfish · giving · self-forgetting · other-centered · sacrificial · counts the cost to others

16 **SERVICE**
helpful · useful · of service · available · willing to be inconvenienced · quick to volunteer

17 **GRATITUDE**
grateful · thankful · appreciative · contented · easily pleased

surrendered · releasing · lets go · non-manipulative · hands-off · trusting · allows others their own way

25 **FAIRNESS**
fair · just · even-handed · impartial · honorable · gives the benefit of the doubt

26 **RESPECT**
respectful · honoring · dignifying · courteous · treats others as equals

27 **DILIGENCE**
hard-working · industrious · diligent · thorough · prompt · a finisher · unlazy

28 **PRUDENCE**
prudent · wise · discerning · sensible · sane · thinks it through · avoids hysterical thinking

29 **GENEROSITY**
generous · open-handed · unstingy · freely giving · hospitable

30 **GOD-RELIANCE**
God-reliant · prayerful · faith-filled · God-conscious · seeking His will · surrendered · obedient

31 **CHEERFULNESS**
cheerful · joyful · light · playful · fun-loving · good-humored · pleasant to be around

32 **STEADINESS**
steady · grounded · stable · even-keeled · mature · emotionally sober · unshakable · safe to be near

33 **DISCRETION**
discreet · confidential · trustworthy with what I'm told · not a gossip · careful with others' names

34 **ENCOURAGEMENT**
encouraging · affirming · believing in others · quick to praise · a blessing to be around

PART TWO

Words by Role

Every role gets the same test the book applies: was it selfish or not?

Where a role is reciprocal you'll see two directions — **what I want to be**, and **what I hope to find** (in blue). Write both. The second one is usually easier to write, and it tells you more than you'd expect.

PARTNER

husband, wife, boyfriend, girlfriend

The role the 20–10–5 was written for. Draw from your Sex Inventory Question 9 answers first.

FIDELITY & TRUST

faithful · monogamous · loyal · transparent · open-booked · trustworthy · honorable with others · unflirtatious · private about us · tells on myself first

PRESENCE & ATTENTION

present · attentive · listening · curious about them · unhurried · phone down · remembers what matters · notices · waits for the answer

AFFECTION & WARMTH

affectionate · tender · warm · romantic · playful · expressive · says it out loud · close without an agenda · easy to be near

CONFLICT & REPAIR

slow to anger · non-defensive · non-contemptuous · doesn't stonewall · doesn't go cold · doesn't keep score · fights fair · apologizes quickly · first to repair · admits wrong with no excuse attached

HONESTY & EMOTIONAL ACCESS

emotionally available · vulnerable · honest about fear · honest about money · honest about what I want · says the hard thing kindly · doesn't manage them with silence

PARTNERSHIP & SHARED LIFE

equal partner · consults before deciding · does my share unasked · financially open · plans together · supportive of their work · protective · hospitable · family-minded · carries the invisible load too

SEXUAL CONDUCT

unselfish · considerate · non-demanding · non-coercive · patient · honest about desire · cherishing rather than using · reverent · sober in intimacy · attentive to their experience

FREEDOM & RESPECT

non-controlling · non-jealous · lets them be who they are · doesn't try to change them · respects their no · unpossessive · trusts without surveillance

WHAT I HOPE TO FIND IN A PARTNER

honest · kind · faithful · sober or supportive of my sobriety · spiritual · emotionally available · direct · steady · warm · affectionate · playful · patient with me · generous · financially responsible · willing to repair after a fight · respects my no · doesn't keep score · glad to see me · someone I don't have to perform for · someone who lets me be tired

> *"…our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed."*
>
> — Big Book, p. 69

SON — DAUGHTER

as a grown adult

Often the hardest role, because the child's reflexes are still wired in.

HONOR & RESPECT

respectful · honoring · courteous · speaks well of them · doesn't correct them in public · doesn't relitigate the past to win

PRESENCE & CONTACT

attentive · calls without being asked · visits · shows up for the ordinary things · doesn't disappear when it's uncomfortable

HONESTY WITHOUT CRUELTY

honest · direct · kind in the telling · doesn't lie to keep the peace · doesn't hide my life · doesn't confess my inventory into their laps

BOUNDARIES WITHOUT PUNISHMENT

boundaried · says no cleanly · unenmeshed · doesn't retaliate · doesn't withhold contact as leverage · holds the line without a lecture

FREEDOM FROM THE OLD FIGHT

forgiving · non-blaming · no longer collecting evidence · releases the amend owed to me · stops auditioning for approval · drops the demand that they finally see it

CARE & ADULTHOOD

generous · useful · patient with their decline · discreet with their affairs · fair with siblings about the load · self-supporting · doesn't use them as a bank

WHAT I HOPED TO FIND IN A PARENT

safe · steady · warm · sober · interested in me · proud of me out loud · present · protective · fair · calm when I failed · quick to apologize · delighted to see me · listened without fixing it · someone I didn't have to take care of · someone who said it was not my fault

FATHER — MOTHER

children of any age

The role where our own childhood shows up uninvited.

SAFETY & STEADINESS

safe · steady · predictable · even-keeled · non-frightening · calm when they're not · the same person every day · sober

PRESENCE

present · attentive · gets on the floor · listens without fixing · unhurried · puts the phone down · available before they ask

WARMTH & AFFIRMATION

affectionate · warm · delighted in them · encouraging · quick to praise · says it first · tells them who they are

DISCIPLINE & STRUCTURE

fair · consistent · firm without rage · explains rather than commands · follows through · disciplines the behavior not the child · apologizes when I overcorrect

HONESTY & REPAIR

honest · admits my mistakes to them · apologizes without excuse · makes amends to my own kids · doesn't make them manage my feelings

PROTECTION

protective · watchful · advocates for them · doesn't expose them to my chaos · doesn't put them in the middle · doesn't let them carry adult weight

LETTING THEM BE THEIR OWN

non-controlling · lets them fail safely · doesn't live through them · doesn't need them to be my proof · allows their own faith and path · respects who they actually are

PROVISION & LEGACY

reliable · hard-working · provides without holding it over them · teaches instead of rescuing · prayerful for them · models rather than lectures · lets them see me trying · breaks the chain instead of passing it on

WHAT I HOPE MY CHILDREN FIND IN ME

safe · warm · present · fun · honest · fair · unafraid of their feelings · glad they exist · someone they can tell anything · someone who says sorry · someone who shows up · someone they're not scared of · someone whose love they never have to earn

BROTHER — SISTER

LOYALTY & GOODWILL

loyal · protective · on their side · glad for their wins · unenvious · defends them when they're absent

FAIR DEALING

fair · honest · carries my share with parents · doesn't keep score on money or effort · doesn't cast myself as the good one

OLD HISTORY

forgiving · non-competitive · stops recruiting them into my version of childhood · drops the roles we got handed · sees them as they are now

PRESENCE

reaches out first · includes them · discreet · kind about their family · available without conditions

FRIEND

RELIABILITY

reliable · shows up · follows through · on time · remembers · keeps in touch when I need nothing

DISCRETION

discreet · confidential · safe to tell things to · not a gossip · careful with their name

GENEROSITY OF SPIRIT

generous with time · generous with attention · unenvious · glad at their good fortune · celebrates without comparing

HONESTY & MUTUALITY

honest · direct · doesn't flatter · doesn't triangulate · reciprocal · asks about them · receives help as well as gives it · not always the one with the crisis

GRACE

forgiving · unoffendable · patient with their faults · doesn't audit the friendship · lets them have other friends

WHAT I HOPE TO FIND IN A FRIEND

loyal · honest · reliable · safe with what I tell them · interested in me · glad for my wins · calls me out kindly · calls me back · easy to be around · forgives fast · doesn't disappear when it's inconvenient · someone I don't have to impress

EMPLOYER

boss, owner, leader

FAIRNESS & HONESTY

fair · just · impartial · consistent · pays promptly · no favorites · clear with expectations · tells hard news early and in person · doesn't manage by hint

RESPECT

respectful · treats every level as equal · learns names · listens up and down · doesn't humiliate · corrects privately, praises publicly

CARE FOR THE PEOPLE

protective · mindful of their families · respects their hours · doesn't make my anxiety their emergency · notices burnout

RESTRAINT WITH POWER

restrained · non-retaliating · non-punitive · doesn't use the paycheck as leverage · doesn't demand loyalty as tribute · receives criticism without cost to the critic

STEWARDSHIP & EXAMPLE

diligent · prudent · honest with the books · honest with clients · humble · first to admit error · does the unglamorous work · credits the team

WHAT I HOPE TO FIND IN A BOSS

fair · honest · clear · pays me right · defends me · tells me where I stand · doesn't humiliate me · doesn't panic · notices my work · respects my time off · admits when they're wrong · lets me learn from a mistake

EMPLOYEE

worker, colleague, contractor

HONEST LABOR

diligent · hard-working · thorough · prompt · honest with my hours · gives full value · doesn't steal time or supplies

RELIABILITY & TEACHABILITY

dependable · present · on time · finishes what I start · teachable · receives correction without defending · asks for help early · admits what I don't know

HONESTY ABOUT MISTAKES

accountable · self-reporting · owns errors before I'm caught · doesn't hide the bad number · doesn't shift blame

WITH COWORKERS

cooperative · generous with credit · unterritorial · helpful without keeping score · kind about the difficult ones · refuses the break-room autopsy

TOWARD AUTHORITY & AMBITION

respectful · non-contemptuous · disagrees in the room, not the hallway · doesn't undermine · content · unenvious of the promotion · useful where I am

WHAT I WOULD WANT IN SOMEONE WORKING FOR ME

honest · reliable · on time · thorough · teachable · owns mistakes · doesn't need chasing · tells me bad news early · cooperative · doesn't gossip · gives full value · loyal when I'm not in the room

SPONSOR

AVAILABILITY & FIDELITY TO THE PROGRAM

available · answers the phone · calls back · willing to be inconvenienced · faithful to the book · teaches what I was taught · doesn't improvise the steps

RESTRAINT

humble · non-directive about their life · gives experience rather than orders · doesn't play God · doesn't make them my project · lets them go at their pace

HONESTY & DISCRETION

honest · willing to be fired for it · transparent about my own recovery · admits when I don't know · absolutely safe with a Fifth Step · doesn't use their story as my example

MOTIVE

unselfish · unpaid in ego · doesn't need them sober to prove I'm good · no fee of any kind

WHAT I WANTED IN A SPONSOR

available · honest · patient · knows the book · tells me the truth · doesn't judge me · takes my call · doesn't preach · keeps my Fifth Step to himself · doesn't give up on me · walks it himself

SPONSEE

WILLINGNESS & HONESTY

willing · teachable · does the work · brings the writing · doesn't negotiate the assignment · holds nothing back · reports the slip and the near-slip · doesn't curate what I bring

CONTACT

reachable · calls before the crisis · keeps commitments · shows up when I said I would · tells them when I'm going quiet

RESPECT & OWNERSHIP

grateful · unentitled · respectful of their time · doesn't make them chase me · doesn't shop for a softer answer · accountable · acts on suggestions anyway

WHAT I WOULD WANT IN A SPONSEE

willing · honest · does the work · brings the writing · calls · keeps commitments · teachable · grateful · tells me the truth about the slip · doesn't argue the assignment

FELLOWSHIP

group member, service, meetings

IN THE ROOM

present · on time · listens · shares experience rather than opinion · shares the solution · doesn't monologue · doesn't perform · cleans up after

TOWARD NEWCOMERS

welcoming · unhurried · learns names · gives my number · follows up · doesn't take their inventory · remembers what I was like

IN SERVICE

useful · dependable · takes the unglamorous commitment · does it without recognition · hands it off cleanly · shows up when nobody's counting

IN THE POLITICS

peaceable · principles before personalities · opposes no one · one member among many · no faction · kind about those not present · holds no seat as territory

ANONYMITY & SELF-HONESTY

discreet · protects what I hear · mindful of who's listening · doesn't trade on sober time · doesn't play the elder · teachable at any length of sobriety

EX-PARTNER — CO-PARENT

RESTRAINT

restrained · courteous · brief · businesslike · non-retaliating · doesn't reopen the case · doesn't answer the provocation

HONESTY & RELIABILITY

honest · on time with the handoff · pays what I owe · keeps the schedule · gives notice · writes it down when that's kinder

PROTECTING THE CHILDREN

non-triangulating · doesn't message through the kids · doesn't interrogate them · speaks well of their other parent · keeps adult business between adults

FREEDOM FROM THE FIGHT

forgiving · releases the verdict · stops needing to be found right · doesn't recruit friends or the fellowship to my side · lets go of their approval · makes amends without using them to get back in the door

MONEY

steward

HONESTY

- honest
- taxes filed
- debts acknowledged
- no hidden accounts
- tells my spouse the real number

ORDER & RESTRAINT

- orderly
- budgeted
- bills paid on time
- insured
- temperate
- unimpulsive
- content
- doesn't buy relief
- doesn't buy status
- lives inside my means

GENEROSITY & FAIR DEALING

- generous
- tips well
- gives quietly
- pays what I promised
- doesn't chisel
- honors the handshake

FREEDOM FROM IT

- trusting
- not defined by it
- a worker among workers
- doesn't measure against anyone's balance sheet

NEIGHBOR & STRANGER

including online

ORDINARY COURTESY

- courteous
- patient in line
- kind to servers and clerks
- learns the name
- unhurried with people who are slow

ON THE ROAD & IN PUBLIC

- calm
- unaggressive
- yielding
- unentitled
- doesn't take it personally
- doesn't teach anyone a lesson

AS A NEIGHBOR

- considerate
- quiet
- helpful
- keeps my property
- notices who's alone
- willing to be known

ONLINE

- honest
- discreet
- kind to strangers
- doesn't argue for an audience
- doesn't post to be seen
- no anonymous cruelty
- the same person as in the room

TOWARD GOD & TOWARD MYSELF

TOWARD GOD

- honest in prayer
- unperforming
- brings the real thing
- God-reliant
- surrendered
- asks before acting
- obedient
- prompt
- does the indicated thing
- faithful morning and night
- consistent when it's dry
- reverent
- grateful before asking
- not the director

TOWARD MYSELF

- self-honest
- unflinching
- doesn't inflate
- doesn't deflate
- merciful with myself
- non-condemning
- refuses the second beating
- rests
- asks for help
- right-sized
- willing to be human
- watchful
- catches it early
- tells someone

"No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints." — BB p. 60

PART THREE

Running the Funnel

Circle wide, then narrow. At each cut ask: which could I live without, and which could I not?

TWENTY

no synonyms — all twenty different

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20

TEN

cross out the ten that matter less

1	2	3	4	5
6	7	8	9	10

FIVE

the core — what it can’t work without

1	2	3	4	5

THE ROLE SWEEP

five words per role, and one thing to actually do this week

ROLE	MY FIVE WORDS	ONE CONCRETE CHANGE
Partner / Spouse		
Son / Daughter		
Father / Mother		
Brother / Sister		
Friend		
Employer		
Employee		
Sponsor		
Sponsee		
Fellowship		
Ex / Co-Parent		
Money		
Neighbor / Public		
Toward God		
Toward Myself		

Now read **down** the five-words column. The words that repeat across every role are your **character ideal** — the two or three things God is asking of you everywhere. Pray about those by name.

THE PRAYER — THE FIVE WORDS ARE NOT THE IDEAL, THE PRAYER IS

God, help me to be _____ — specifically, _____.

Help me to be _____ — especially when _____.

Help me to be _____, because _____ is where I have done the most damage.

Help me to be _____ and _____.

I am not any of this yet. Make me willing to grow toward it.

Mold my ideals and help me to live up to them. Thy will be done.

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.

1. DON'T PRE-EDIT YOURSELF

Write the ideal you actually want, not the one that sounds spiritual. If what you want is *"laughs at my jokes"* or *"doesn't go through my phone"* — write it. An ideal trimmed to look humble in front of your sponsor isn't honest. Nothing is too small or too ordinary to belong on the list.

2. IT'S A DIRECTION, NOT A PERFORMANCE REVIEW

"Whatever our ideal turns out to be, we must be willing to grow toward it." (BB p. 69) The degree of attainment isn't the point. The willingness and the movement are.

3. AVOID EXTREMES IN EITHER DIRECTION

"We realize that some people are as fanatical about sex as others are loose. We avoid hysterical thinking or advice." (BB p. 69) An ideal so strict no human could keep it is as useless as no ideal at all. **Sane. Sound.**

4. BRING IT TO A PERSON

"Counsel with persons is often desirable, but we let God be the final judge." (BB p. 69) Read the five and the prayer to your sponsor out loud. The list you can't say out loud is the one worth looking at again.

It is not the degree of attainment that decides it —
it is the willingness to move toward the ideal, wherever you are on the path.

The Turn

for the sponsor — how to run the ideal so it lands

Sponsee: stop at Part Three. This page is for the person taking you through it. It will still be here afterward.

ASK THE OTHER QUESTION

Don't ask a sponsee *"what kind of husband should you be?"* You'll get a managed answer. That question puts them on trial, and they'll write the list they think you want to hear — humble, spiritual, short. Ask this instead:

> *"Describe the ideal partner. What would she be like?*
> *Take your time — give me twenty."*

They'll talk freely, because nobody's on trial. *Honest. Doesn't nag. Actually listens. Keeps her word. Doesn't bring up things from three years ago. Glad to see me when I walk in.* Write it all down, verbatim, in their words. Don't coach it, don't soften it, don't hint at where it's going. Let them fill the page.

Then hand the list back and turn it over:

> *"That's not a description of a wife.*
> *That's God's will for you. That's the man He's asking you to become."*

That's the whole move. They just wrote their own ideal — fluently, honestly, with no shame management — because they thought they were describing someone else.

WHY IT HOLDS

It isn't a trick played on the text. The Big Book makes the same turn in a single sentence:

> *"We asked God to mold our ideals and help us to **live up to them**."*
> — Big Book, p. 69

Live up to them. Not go locate someone who matches them. The book has you shape an ideal and then makes *you* the one accountable to it.

And it's the only half we have authority over. We cannot install a single trait in another person — demand only ever buys compliance, and resentment is the interest on it. What we can do is *become* the thing. Character invites character; that's how it's drawn rather than extracted. The rest is not ours to arrange:

> *"God alone can judge our sex situation. Counsel with persons is often desirable, but we let God be the final judge."*
> — Big Book, p. 69

Live up to the ideal. Leave the outcome with Him.

THE MAPPING

ask forward; the answer lands on them

ASK THEM TO DESCRIBE…	HAND IT BACK AS…
The ideal partner	God's will for you as a husband / wife
The parent you wish you'd had	God's will for you as a father / mother
A real friend	God's will for you as a friend
The boss you'd want	God's will for you as an employer — and as an employee
Someone worth having on your crew	God's will for you as an employee
The sponsor you wanted	God's will for you as a sponsor
A sponsee worth the time	God's will for you as a sponsee
The home group you'd want to walk into	God's will for you in the fellowship

The blue **"what I hope to find"** banks in Part Two exist to feed this. That's what they're for.

IT'S A REVEAL, NOT A GOTCHA

If it lands as *"so you're the problem,"* the turn was made too fast or too pleased with itself. Sit in it with them. Most people go quiet — that silence is the work happening, so don't fill it.

ATTAINMENT ISN'T THE ASK

The moment they see the list is about them, shame arrives and says *I'm none of this.* Correct — and beside the point. *"Whatever our ideal turns out to be, we must be willing to grow toward it."* Say it out loud as you turn the list over.

THE PARENT VERSION NEEDS A GENTLER HAND

"Describe the father you wish you'd had" often produces a list of what they never got. Turned over too quickly it lands as a debt — *the thing I was owed is now what I owe.* It isn't. It's the chain broken instead of handed on. If they have children this is often the most fruitful role on the sheet, and the one to go slowest on.

READ THE LIST — IT'S A DIAGNOSTIC

Notice whether what came out is **character** or **specification**. Traits — honest, warm, steady — flip cleanly. A list of conditions about a person's circumstances or performance is different material: that's *my deep-seated idea of what this relationship should look like*, which is what generates resentment. Don't correct it in the moment — write it down and take it to the resentment inventory, where it belongs.

20–10–5 format from the Big Book Awakening Sponsorship Workshop. Role structure follows the Step Eight sweep — "divide up your life into roles and activities" — after Twelve Steps and Twelve Traditions, Step Eight: "we consider how, with our newfound knowledge of ourselves, we may develop the best possible relations with every human being we know." Big Book citations verified against Chapter 5, pp. 60 and 69.