Sex Inventory Example — “Anna”

> *“God please help me see the Truth about my conduct in relationships”*

Name: “Anna” **Relationship:** Lesbian Affair

Brief History of the Relationship

My motives for getting involved were…

Wanted to be loved, to be wanted and I wanted Power.

My specific conduct in the relationship has been…

Sneaky meetings, lots of drinking together, chaos and violence.

The major points that came up in the relationship are…

My best friend was in love with this woman and this woman pursued me (I was in a relationship with someone else). I capitulated quickly. At first, we both lied to my partner — she was very sad. Lied and hid from my partner. She eventually caught us. Then they got in a fight. She punched her. I kicked Anna out.

How it ended…? or how it is now…

My friend found someone else. I went back to my partner. Years later she called me and I told her I was in AA. I took her to her first meeting and told her about my experience. She is still sober and married to a girl in the program. Ended up taking 30 day tokens from both of them.

Nine Questions

1) Where had I been selfish?

Needed to feel better so badly that I hurt my friend. I felt BAD that I might hurt someone but it was secondary.

2) Where had I been dishonest?

I lied to my friend and I lied to my partner.

3) Where had I been inconsiderate?

Didn't think about the extent to which I was hurting the people involved (hated quiet).

4) Whom did I hurt? (Look around the relationship)

I hurt my partner, my friend and Anna. I also hurt my friend's employer.

5) Did I arouse jealousy?

Yes, I aroused jealousy in my partner, my friend and Anna.

6) Did I arouse suspicion?

Yes, in both my friend and my partner.

7) Did I arouse bitterness?

Yes, I did arouse bitterness in my partner and my friend.

8) Where was I at fault?

I lied. I cheated. I was selfish and inconsiderate.

9) What should I have done instead?

I should have turned her down — honored my relationships! I had issues in my relationship. Should have faced them inside not OUTSIDE the relationship.

Should have stayed away from someone that I was sexually attracted to while in a committed relationship.

HARM:

- Lying to my friend, to my partner. Stealing peace of mind from my partner, my friend and Anna. Stealing our employer's time to deal with this chaos.

From the Big Book Awakening Step Four guide at bigbook.it/step-4/ · a page of the guide, not the workbook itself: the workbook's own pages are linked from "Originals & sources." · source examples/sex-inventory-example-anna.md