Sex Inventory Example — “Rachel”

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

Name: “Rachel” **Relationship:** Boyfriend — 8-Month Dating Relationship

Brief History of the Relationship

My motives for getting involved were...

Didn’t want to be alone. Had just come out of a breakup and jumped in before I was ready. He paid attention to me and I needed that. Wanted to prove I was desirable. Also liked the lifestyle — he had money, took me places, and I enjoyed that.

My specific conduct in the relationship has been...

People-pleased from the start. Pretended to like things I didn’t like. Agreed with everything he said. Never expressed my real opinions or preferences. Went along with his plans, his friends, his schedule. Hid my drinking from him. Slept with him on the first date because I was afraid if I didn’t, he wouldn’t call back. Stayed in the relationship long after I knew it wasn’t right because I didn’t want to be alone.

The major points that came up in the relationship are...

I was performing a role, not being myself. He fell for someone I wasn’t. When I couldn’t keep the act up, he got confused and frustrated. I started resenting him for things that were my fault — he didn’t know my real preferences because I never told him. I talked badly about him to my friends while smiling to his face. I broke up with him by text and immediately started seeing someone else.

How it ended...? or how it is now...

I ended it by text — no real conversation, no honesty about why. He was hurt and confused. He reached out several times afterward and I ignored him. I heard through friends that it took him a long time to move on. I have not made amends yet.

Nine Questions

1) Where had I been selfish?

Used him to avoid being alone. Used the relationship to feel validated and attractive. Enjoyed the lifestyle he provided without genuine investment in him as a person. Ended it when I found someone more exciting, with no regard for his feelings.

2) Where had I been dishonest?

Dishonest about who I was from the very beginning — my interests, opinions, values, even what I wanted to eat. Hid my drinking. Pretended I was happy when I wasn't. Never told him what I actually needed or wanted. Complained to friends behind his back instead of talking to him. Broke up by text to avoid an honest conversation.

3) Where had I been inconsiderate?

Never considered what the relationship looked like from his side. He was investing in someone who didn't exist. I wasted his time, his emotional energy, and his money. Ended things abruptly with no explanation. Ignored his calls afterward.

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

Rachel — he invested genuinely in a relationship built on my dishonesty. His family — they had met me and welcomed me in. My friends — they were uncomfortable being asked to listen to complaints about someone they could see I was deceiving. The man I started seeing next — I brought the same patterns into that relationship.

5) Did I arouse jealousy?

Not directly, but moving immediately to someone new after ending things probably caused jealousy and self-doubt in him.

6) Did I arouse suspicion?

Yes. As the mask slipped, he sensed something was off. He asked several times if I was okay, if something was wrong. I said "I'm fine" every time. The hidden drinking also created suspicion — he could tell something didn't add up.

7) Did I arouse bitterness?

Yes. Being dumped by text after eight months, with no honest explanation, and then being ignored — that breeds bitterness. He deserved better.

8) Where was I at fault?

I was dishonest from day one. I people-pleased instead of being genuine. I used him for validation and lifestyle. I avoided difficult conversations. I ended things callously. I never took responsibility.

9) What should I have done instead?

- Waited to date until I had processed the previous breakup
- Been honest about who I am from the start — preferences, opinions, values
- Not slept with him out of fear; waited until it was a genuine choice
- Expressed my real feelings and needs instead of performing
- Talked to him directly when I was unhappy instead of complaining to friends
- Ended it in person, honestly, with respect for what he'd invested
- Not jumped immediately into another relationship
- Been honest about my drinking
- Treated him as a person, not as a solution to my loneliness

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HARM:

- Emotional suffering — he invested in a false version of me and was blindsided by the breakup
- Stealing his time and emotional energy through a dishonest relationship
- Stealing his peace of mind — confusion and self-doubt after an unexplained ending
- Bitterness from being discarded by text
- Spiritual harm — his ability to trust may have been damaged by the experience

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