Sex Inventory Example — “David”

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

Name: “David” **Relationship:** Wife — 15-Year Marriage

Brief History of the Relationship

My motives for getting involved were…

Wanted companionship, someone to build a life with. Also wanted to look successful — the house, the family, the picture. Afraid of being alone. She was stable and that felt safe.

My specific conduct in the relationship has been…

Emotionally absent for years. Worked long hours and used that as an excuse to avoid intimacy. Drank heavily in the evenings. Stopped participating in family life. Was critical and impatient with her. Stopped showing affection or appreciation. Made decisions unilaterally — finances, plans, holidays — without consulting her. Let her carry the full weight of the household and the children’s needs.

The major points that came up in the relationship are…

She asked me repeatedly to be more present. I dismissed her concerns, called her needy or dramatic. The distance grew. She stopped asking. I interpreted her silence as everything being fine. The children noticed — our oldest started acting out. She suggested counseling twice; I refused both times, said we didn’t need it. By the end, we were roommates sharing a house.

How it ended…? or how it is now…

We are still married but rebuilding. I got sober and started working the Steps. Making amends is ongoing. Some days are better than others. There is a long way to go but we are

both willing.

Nine Questions

1) Where had I been selfish?

Put my comfort, my career, and my drinking ahead of her and the family. Used work as a shield against emotional engagement. When I came home, I expected to be left alone — expected her to handle everything so I could check out. Treated the marriage as something that should serve me rather than something I needed to serve.

2) Where had I been dishonest?

Hid the extent of my drinking. Told her I had "two or three" when it was six or eight. Pretended everything was fine when I knew the marriage was deteriorating. Never admitted I was afraid — afraid of failing, afraid of being vulnerable, afraid she'd see who I really was. Told myself I was a good husband because I provided financially, when I was absent in every other way.

3) Where had I been inconsiderate?

Made major financial decisions without telling her. Came home late without calling. Forgot anniversaries, her birthday, school events for the children. Dismissed her feelings when she tried to express them. Didn't ask how her day was. Didn't notice when she was struggling. Didn't help around the house. Left her to manage the children's schedules, homework, medical appointments — everything — alone.

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

My wife — years of emotional neglect, dismissal, loneliness. My children — they grew up with a father who was physically present but emotionally absent; our oldest developed anxiety. Her parents — they watched their daughter become isolated and unhappy. My parents — they saw the distance and didn't know how to help. Our mutual friends — several stopped coming around because the tension was uncomfortable.

5) Did I arouse jealousy?

Not through infidelity, but through my relationship with work. She said it felt like I was "married to the office." I gave my energy, attention, and best hours to colleagues and clients, and came home with nothing left.

6) Did I arouse suspicion?

Yes. The hidden drinking. Coming home late with thin explanations. Being secretive about finances. She didn't know what I was doing or whether I was being truthful, and eventually she stopped trusting my word.

7) Did I arouse bitterness?

Yes. Years of unfulfilled promises — "I'll be at the recital," "I'll take the weekend off," "things will get better." She became bitter toward me and, I think, toward the marriage itself. She once said, "I didn't sign up for this." She was right.

8) Where was I at fault?

I was absent, dishonest, dismissive, and self-centered. I treated her as someone who should orbit around my life rather than as a partner. I refused help when it was offered. I let alcohol numb me instead of facing what was happening. I failed to show up — not once, but for years.

9) What should I have done instead?

- Been honest about my drinking and sought help earlier
- Been emotionally present — asked about her day, listened, engaged
- Shared decision-making, especially finances
- Attended the children's events and participated in family life
- Accepted her feedback without defensiveness
- Agreed to counseling when she asked
- Shown consistent appreciation, affection, and gratitude
- Pulled my weight with household responsibilities
- Been vulnerable enough to admit when I was afraid or struggling

- Put the marriage and family first, ahead of career and comfort

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HARM:

- Stealing my wife’s peace of mind, her trust, and years of companionship she deserved
- Stealing my children’s experience of an engaged, present father
- Emotional suffering inflicted through years of neglect and dismissal
- Financial harm through unilateral spending decisions and hidden costs of drinking
- Inconvenience and burden placed on her by abandoning household and parenting responsibilities
- Spiritual harm — she lost faith in marriage and partnership because of my conduct

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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-marriage.md