Sex Inventory — Instructions

1) Read

Big Book pg.68-¶4 *"Now about sex"* to pg.70-¶2 *"would mean heartache."*

2) Make the List

Pray, make a list, and go with what comes with relationships through your life. Work on list till you know it's done.

3) "What Can We Do About Them?"

A) Take the first name from the list and write it on top of a page.

B) Write a brief history of the relationship and include:

- My motives for getting involved were...?
- My specific sex conduct was...?
- The major points that came up in the relationship are...?
- How did it end...? or how it is now...?

C) "We reviewed our own conduct"

Look at each relationship and answer these nine questions in paragraph form with detailed explanations: *(ref. p.69-¶1)*

1. Where had I been selfish?
2. Where had I been dishonest?
3. Where had I been inconsiderate?
4. Whom did I hurt? (Look around the relationship — i.e.: parents, kids, brothers, sisters)

5. Did I arouse jealousy?
6. Did I arouse suspicion?
7. Did I arouse bitterness?
8. Where was I at fault?
9. What should I have done instead?

NOTE: The answer to question 9 is never "I shouldn't have gotten involved in the first place." Refer to what you should have done, or how you should have behaved in the relationship. Make sure you're especially complete with Question #9 — you will refer back to it later when writing your Sex Ideal.

Sex Inventory Worksheet

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

Name: _____ Relationship: _____

Write a brief history of the relationship:

My motives for getting involved were...

My specific conduct in the relationship has been...

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

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

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

Look at each relationship and answer these nine questions *(ref. p.69-¶1)*

1) Where had I been selfish?

2) Where had I been dishonest?

3) Where had I been inconsiderate?

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

5) Did I arouse jealousy?

6) Did I arouse suspicion?

7) Did I arouse bitterness?

8) Where was I at fault?

9) What should I have done instead? (In the relationship. Don’t write “not gotten involved in the first place.”) Make sure you are especially explicit with Question 9 — you will refer back to this for writing the Sex Ideal.

Harm: Write any specific harm that comes to you while writing.

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 05-sex-inventory.md