Sexual Ideal — Examples

These are examples of the Sexual Ideal written after completing the Sex Inventory. The Sexual Ideal is a prayer and vision for how you want to conduct yourself in future relationships.

For instructions on the 20-10-5 format, see 06-sex-ideal.md.

Prayer Examples

Example 1 (Woman's Perspective)

God, in the future, I would like to be a person who has sex with people that I truly care about as an act of love and a way to be closer. I want to have had some time to get to know the person so that I can make a decision that is based more in reality and less in sex or in just not wanting to be alone (filling the gap). I do not get involved with people who are committed in a relationship on any level, or while I am committed, and I respect my friendships. While they may not be in a committed relationship, I am sensitive to their feelings and don't get involved with someone that they have strong feelings for. I should wait to emotionally commit to someone until I have dated them for at least 3 months.

Example 2 (Man's Perspective)

God please help me make my decisions about love and sex that they be based more in reality, aligned with your will, and not simply in carnal desire. Help me to avoid the fear of being alone. I want to be a man who has sex with someone, after having had some time to get to know the person, as an act of love, and a way of getting closer or becoming more intimate.

God, please enable me to be willing to be honest and to communicate openly with regards to our differences, goals, dreams, sex and finances. Please help me to bring a God consciousness into my relationships. Please help me to have a relationship that is free of all

abuse. I want to love all others as they are, and not hope to change them. You, God, make no mistakes.

Help me not to get involved with someone who is committed in a relationship on any level, or while I am committed to someone else. Please help me to be an equal partner in every way possible. Help me avoid the temptation to control others with attention, affection, gifts, love or sex. Please help me to act sexually as I would want a friend to act towards me. With honor, respect and love. Amen.

20-10-5 Worked Examples

Example 3 — "David" (from marriage inventory)

David's Question #9 answers across his sex inventory pointed to: honesty, presence, emotional availability, shared decision-making, participation in family life, accepting feedback, showing appreciation, vulnerability, responsibility, and putting the marriage first.

20

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

10

Honest	Present	Faithful	Patient	Appreciative
Responsible	Good Communicator	Sober	Spiritual	Kind

5

Honest	Present	Faithful	Responsible	Kind

David's Sex Ideal Prayer:

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.

Example 4 — "Rachel" (from dating inventory)

Rachel's Question #9 answers pointed to: honesty about who she is, not people-pleasing, waiting before getting involved, expressing real feelings, direct communication, not using people, treating others with respect, and addressing her own recovery.

20

Honest	Respectful	Genuine	Patient	Sober
Direct Communicator	Self-Aware	Independent	Spiritual	Emotionally Mature
Considerate	Courageous	Boundaried	Grateful	Kind
Accountable	Faithful	Fun-Loving	Grounded	Compassionate

10

Honest	Genuine	Patient	Sober	Direct Communicator
Independent	Spiritual	Considerate	Boundaried	Accountable

5

Honest	Genuine	Sober	Boundaried	Considerate

Rachel's Sex Ideal Prayer:

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.

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/sexual-ideal-example.md