

SEX INVENTORY WORKSHEET

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

INSTRUCTIONS

1) Read big book pg.68-¶4 "Now about sex" to pg.70-¶2 "would mean heartache."

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

See the following Sex Inventory template on the next page.

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, IE: 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.

Section 7 - Step Four

4th Step guide pages out of the Big Book Awakening 12 Step workbook book version August, 2006 www.bigbookawakening.com