Sex Inventory: page. 1 of 4

Name: ______________________ Relationship: ______________________

Write a very brief history of the relationship with these first 3 questions:

• Reason for getting in the relationship?

• Major points that came up and what my specific conduct had been?

• How it ended? Or how it is now?

Look at each relationship and answer these questions. These questions are from the Big Book on page 69. Read & answer each question, & the sub-questions. The sub-questions are taken from the dictionary definitions.

1)Where had I been selfish? “Seeking only to further one’s own interests. Ambitions that disregards the interests of others” egoism; the habit of regarding self as the center of everything; the doctrine that everything is uncertain but the fact of ones existence” exploit; to use selfishly for one’s own ends. What attitudes (thinking) did I have for my own interests that disregarded my partners’ ambitions or interests and or others around the relationship? Did I exploit (use) my partner or others around the relationship emotionally, financially, morally, physically, etc, for my own selfish ends, without regard for their welfare? Or did I view myself as kind, considerate, generous, even modest or self-sacrificing, thereby absolving myself as being selfish? Was I a self-seeker even when trying to be kind? Or did I have a variation of these traits?

2)Where had I been dishonest? “Disposed to lie, cheat, or steal; not worthy of trust or belief” Was I disposed to lying or cheating with my partner? Did I steal from them or cheat them? (emotionally, their time, money, or resources?) Based on my attitude and actions was I worthy of trust or belief? Was I dishonest overtly and or by way of omission? (Fears or beliefs I withheld or avoided within myself emotionally, physically, mentally, spiritually, etc.) Self-Delusion: “a false belief or opinion” Do I hold a false belief or opinion? Did I compromise their integrity or mine by not being true?
3) Where had I been inconsiderate? "Without due regard for the rights or feelings of others; lacking in care or thought for others; heedless; thoughtless" Where had I been heedless, lacking in care, thoughtfulness and consideration for this person in this relationship? Did I lack due regard for the rights or feelings of this person in this relationship?

4) Whom did I hurt? "To feel or suffer bodily or mental pain or distress" (Include looking at others around the relationship that may have been affected) Did I inflict suffering, bodily injury, mental pain or distress to this person or others involved? Did I reduce this person in any way mentally, physically, emotionally, morally, etc? Ask yourself if you would want to be on the receiving end of your attitudes or actions? (Step 8 considerations)

5) Did I unjustifiably arouse jealousy? "Mental uneasiness from suspicion or fear of rivalry, unfaithfulness, etc. vigilance in maintaining or guarding something" What things did I say or do to create mental uneasiness, or fear of rivalry with my partner? Was I unfaithful? What was I trying to gain, retain or protect by invoking jealousy in my partner? And or, was I jealous of my partner? If I did have jealousy within myself toward my partner, go back and list this instance in your grudge and/or fear inventory. (Jealousy is a form of resentment and fear)
6) Did I unjustifiably arouse suspicion? “Imagination of anything to be the case or to be likely; a vague notion; distrust” Was I vague or distrustful in any way? (Emotionally, physically, financially, etc) If so, why? What was I trying to protect or gain by invoking suspicion out of my partner? And or, was I suspicious of my partner? If so, go back and list this instance in your grudge and/or fear inventory. (Suspicion is a form of resentment and fear)

7) Did I unjustifiably arouse bitterness? “Difficult or unpleasant to accept or admit: cutting; sarcastic: bitter words” Did I try to invoke my partner into unpleasantness or difficulty? Was I sarcastic or cutting with my words or actions? If so, what position was I protecting or trying to gain by invoking bitterness in my partner? Was I mean and egotistical? And or was I angry, bitter or self-pitying myself? If I was angry, bitter, or self-pitying myself, go back and list this instance in your grudge and/or fear inventory. (Bitterness, anger, self-pity are forms of resentment and fear)

8) Where was I at fault? When we saw our faults we listed them. (Faults are shortcomings, flaws, defects of character) We placed them before us in black and white. (This means write them down) The confession of shortcomings is required for the successful consummation of this process. Do I see the exact nature of my defects? In this relationship inventory, what are the flaws in my make-up, which caused my failure? In other words, what are the basic standards in my moral or ethical quality that block me from God and my fellows? Write exactly how they look for you. (List for step 6)
9) What should I have done instead? "in preference; as a preferred or accepted alternative" In this relationship, it may be true that you shouldn’t have been involved. If that’s true, what were you really up to then, and at whose expense? Was it selfish or not? Write down what you were really up to. Then, look past just not having gotten involved. What could I have done differently while in the relationship? Write it down. Make sure you are especially explicit with Question #9, you will refer back to this for writing your Sex Ideal.

List any harm you see in this relationship inventory: (List for step 8) Go back through the 9 questions now and ask yourself if you would want to be on the receiving end of any of what you wrote? What are your responsibilities for the wrongs you see in this relationship inventory? What actions can you take to repair the damage? Amend means: to change; Forgive means: the act of pardon for an offense, debt, etc; to remit or cease resentful feelings toward; to refrain from inflicting punishment, sentence, etc. Do I need to amend or forgive or both?

Here, start collecting notes for your future sex ideal. Based on what you have seen as objectionable in this inventory, and question 9. Start listing ideas for the role God would assign you in relationships. Just to the extent that you think He would have you, and humbly rely on Him. Ask God to mold your ideals and help you live up to them. After you have inventoried all your relationships, take these notes into prayer and come up with an ideal.