

SEX

SESSION 11

STEP 4 How It Works Relationships (Including Sex) (64-65)

Sex conduct. (69: 0) *Whom had we hurt?* (69: 1)

I ON YOUR OWN: STUDY – What did the Big Book authors say?

- **READ** Read about the relationship / sex conduct inventory (7 paragraphs 68 – 70). The inventory will help you note certain old ideas and behaviors that do not work to give peace of mind, and exchange them for others that work better.
- **WRITE** Write about how your behavior hurt others and yourself. Such as:
 - “Have my relationships and/or sexual behaviors been based in selfishness or love?”
 - “Have I had difficulties with trust, or being a partner, and with making commitments?”
 - “Have I used sex or other behaviors to fill the spiritual void inside myself?”
- **TALK** Talk about this topic with your sponsor and other group members.
- **PRACTICE DAILY MEDITATION / PRAYER**

II WITH THE GROUP: PRACTICE – What does the Big Book say to me about my conduct in relationships, sexual and otherwise?

Points of Focus and Reflection (Consider pp. 68: 4-70: 2)

A. **Who? How? What? We Make a List: Now about sex.** (68: 4) *We got this all down on paper and looked at it.* (69: 1) *We all have sex problems. We’d hardly be human if we didn’t.* (69: 0) Meditation / prayer: ask for help.

Use the same three-column format to take an inventory of your relationship / sex behavior. (See 69: 3)

1.) **First Column: Who?** “Who have I hurt?” (See 69: 1)

- *We reviewed our own conduct over the years past.* (69: 1) List all the people, institutions and principles you have caused trouble for (including yourself) through your sexual conduct and relationship behaviors.
- One act of sexual and relationship misconduct can hurt many different people.

Relationship / Sex Inventory as in *this example* (65: 2)

Who have I hurt?
<i>My wife</i>
<i>My mistress</i>

2.) **Second Column: How?** “How have I hurt them?”

- We can hurt someone in many, many ways. These include by having or not having sex with them, by creating jealousy and flirting with someone else, or by being lost in fantasies and obsessions about our hidden relationship / sexual desires.

Relationship / Sex Inventory as in *this example* (65: 2)

Who have I hurt?	How did I hurt them?
<i>My wife-</i>	<i>-My mistress, overbearing</i>
<i>My mistress-</i>	<i>-Unreasonable, unjust</i>

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3.) Third Column: **What?** “What part of my Self was affected?”

- What did your self-willfulness lead to?
- We were most often seeking something more than simply sex. Were we trying to feel proud, or raise our self-esteem, or fulfill our desire for emotional security, or material security?

Relationship / Sex Inventory as in *this example* (65: 2)

Who have I hurt?	How did I hurt them?	What part of my Self was affected and led me to act?
<i>My wife-</i>	<i>-My mistress. Overbearing</i>	<i>Self esteem (fear)</i> <i>Sex relations Security</i>
<i>My mistress-</i>	<i>-Unreasonable, unjust</i>	<i>Personal relationships</i>

B. Nine Relationship Questions (1 - 9) * “Where am I responsible?”

- **Motives** [1]Where *had we been selfish,*
- [2]*dishonest, or*
- [3]*inconsiderate [self-seeking]? (69: 1)*
- [4]*Whom had we hurt? (69: 1) [See First Column]*
- **Feelings Created** [5]*Did we unjustifiably arouse jealousy,*
- [6]*suspicion or*
- [7]*bitterness? (69: 1)*
- [8] **Fault** *Where were we at fault (69: 1) [Out of bounds? Miss the mark?]*
- **What Should We Have Done?** [9]*What should we have done instead? (69: 1)*

In this way we tried to shape a sane and sound ideal for our future [relationship and] sex life. (69: 2) Whatever our ideal turns out to be, we must be willing to grow toward it. [69: 3]

C. Step 4 Relationship/Sex Turnaround Willing to change

- *We subjected each relation to this test - was it selfish or not? (69: 2)*
- *We must be willing to make amends where we have done harm.... (69: 3)*
- *Counsel with persons is often desirable... (69-70)*
- *If sex is very troublesome, we throw ourselves the harder into helping others. This takes us out of ourselves. It quiets the imperious urge.... (70: 2)*

- * **Three Meditations / Prayers.** We act as agents of the God of our understanding. (49: 1; 62: 3; 68: 2, 3)
 - **We ask God:** *We asked God to mold our ideals and help us to live up to them. (69: 2)*
 - **We let God.** ...*We let God be the final judge. (70: 0)*
 - **We meditate / pray:** *In meditation, we ask God what we should do about each specific matter. (69: 3) We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing. (70: 2)*

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STEP 4 Relationship / Sex (64 – 65) Inventory Forms

Make multiple copies or expand these templates into your own notebook.

Who? Whom had we hurt? (69: 1)

We reviewed our own conduct over the years past. (69: 1) List all the people, institutions, and principles we have caused trouble for through our sexual conduct and relationship behaviors. We work down our list from top to bottom, just writing names for now. We ignore the Second and Third columns for the time being.

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Person	16.
Institution	
Principle I hurt	17.
1.	18.
2.	19.
3.	20.
4.	21.
5.	22.
6.	23.
7.	24.
8.	25.
9.	26.
10.	27.
11.	28.
12.	29.
13.	30.
14.	31.
15.	32.
	Etc, etc.

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Step 4- Inventory Relationships (including Sex) (64-65)

Fill in Second and Third Columns

Make multiple copies or expand these templates into your own notebook.

1, First Column: Who? “Who did I hurt?”

Inventory one name at a time.

2. Second column: How? “How did I hurt them?”

We reviewed our own conduct... (69: 1) We list all the ways we have hurt others by our conduct. This includes how we hurt someone by having or not having sex with them, or by having sex with someone other than them, or by not being present with them and for them when we are lost in fantasies, etc. We write just in this second column for now.

3. Third Column: What? “What part of self affected?”

What part of my ‘self,’ which of my roles, led to my conduct?: *Our self-esteem, our pocketbooks, our ambitions...our security...our personal or sex relations..., [etc.]* (64: 3-65: 0,1) We were most often seeking something more than simply sex.

First Column: Who? Name: Who I hurt.	Second Column: How? Cause: How I hurt them.	Third Column: What? What part of myself led me to do what I did.

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Relationship and Sex Turnarounds

For every Second Column and Third Column situation and event, fill in sex and relationship ‘turnarounds.’

Make multiple copies or expand in your notebook.

The nine ‘sex and relationship questions’ (1 - 9)

*We reviewed our own conduct over the years past. **Where** had we been selfish, dishonest, or inconsiderate? Whom had we hurt? Did we unjustifiably arouse jealousy, suspicion or bitterness? Where were we at fault, what should we have done instead? We got this all down on paper and looked at it. (69: 1)*

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[1] Where was I selfish? (67: 2) [Concern for self regardless of others. Self-absorbed.]

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[2] Where was I dishonest? (67: 2) [A tendency to deceit, conceal our true character, lack perspective. We believed our own lies.]

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[3] Where was I self-seeking (67: 2) **or inconsiderate?** (69: 1)? [Concern for self over – or under – others.]

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Where was I frightened? (67: 2) [Habitual anxiety: Afraid of losing something we have, not getting something we want, or of being found out for who we are.]

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[4] Whom did I hurt? (69: 1) [To knock, strike, upset, offend.] (See First Column)

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[5] Where did I arouse jealousy? (69: 1) [Resentment, envy, and fear of being displaced in one’s affections.]

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[6] **Suspicion?** (69: 1) [Expectation or dread of something wrong.]

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[7] **Bitterness?** (69: 1) [Animosity. Grievous to the mind, etc.]

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[8] **Where was I at fault?** (67: 2) [A seismic gap between our own deeply held values or our own instincts in collision. Out of bounds? Miss the mark?]

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[9] **What could I have done instead?** *What should we have done instead?* (69: 1)

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Was I selfish? *We subjected each relation to this test - was it selfish or not?* (69: 2)
(Why do we act this way? Because....see p. 338)

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Sane and sound ideals for a future sex / relationship life: *We tried to shape a sane and sound ideal for our future sex life.* (69: 2)

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Am I willing to grow toward these ideals? *Whatever our ideal turns out to be, we must be willing to grow toward it.* (69: 3)

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People with whom I will take counsel on sex / relationship matters: *Counsel with persons is often desirable...* (70: 0)

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Willing to change.

Step 4 Relationship / Sex Turnaround Prayers

- We ask God: *We asked God* [of our understanding] *to mold our ideals and help us to live up to them.* (69: 2)
- We let God: ...*We let God* [of our understanding] *be the final judge.* (70: 0)
- We meditate / pray: *In meditation, we ask God* [of our understanding] *what we should do about each specific matter.* (69: 3) *We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing.* (70: 2)