

Review of our own sex conduct

INSTRUCTIONS FOR COMPLETION		Column 3							Column 4
<ol style="list-style-type: none"> 1. We reviewed our own sex conduct over the years. We listed all the people we harmed (complete column 1 from top to bottom. Do nothing on columns 2, 3 or 4 until column 1 is complete). 2. We asked ourselves what we did. (Complete column 2 from top to bottom. Do nothing on columns 3 or 4 until column 2 is complete). 3. Where had we been selfish, dishonest or inconsiderate? Did we unjustifiably arouse jealousy, suspicion or bitterness? (complete column 3. Do nothing yet on column 4 until column 3 is complete). 4. Now we ask ourselves what we should have done instead. 5. After reviewing this inventory with our sponsors, and looking at column 4, on a separate paper we begin to shape a sane and sound ideal for our future sex lives. We subjected each relation to this test – was it selfish or not? We asked God to mold our ideals and help us live up to them. Whatever our ideal turns out to be, we must be willing to grow toward it. Note: the ideal is not about a perfect partner, it is about our behavior. 		What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings? Did I unnecessarily arouse...							What should I have done instead?
		Arouse jealousy?	Arouse suspicion?	Arouse bitterness?	Was I selfish?	Was I dishonest?	Was I inconsiderate?	Other?	Was I at fault?
Column 1 Whom have I hurt?	Column 2 What did I do?								
1									
2									
3									
4									
5									
6									
7									
8									