

# THE BIG BOOK'S WAY TO "SENSIBLY OVERHAUL" OUR OWN SEX CONDUCT (Pages 68—70)

**INSTRUCTIONS:** a) Study from the bottom of page 68 to the end of third paragraph on page 70. b) Fill in Column 1 from top to bottom. c) Do Column 2 **from top to bottom**. d) Fill in each of the remaining columns **from top to bottom**. *Do not work across the page from left to right.* Don't forget the **Sex Prayer** ("God, please mold my ideals and help me to live up to them") on page 69, and the Big Book's **Sex Meditation** ("God, please show me what to do about this [each] specific matter") on page 69. "The right answer will come if we want it". This will shape a "sane and sound ideal for our future sex life" (page 69). Be sure to restudy what happens if we "fall short of the chosen ideal and stumble" on page 70. Be sure to continue to pray the "Earnest" prayers from page 70 (on the right hand side of this page) for ongoing guidance, strength, sanity, and the right ideal.

Whom did I hurt? (1)	Where was I (2)	Did I arouse: (3)	Where was I at fault, what should I have done instead? (4)	Was each relation? (5)	Sex Prayer Page 69(6)	Sex Meditation Page 69(7)	The Earnest Prayers page 70
				S E L F I S H	"God, please mold my ideals and help me to live up to them."	"God, please show me what to do about this[each] specific matter"	<b>We</b> earnestly pray for:  <b>The right</b> ideal  <b>Guidance in</b> each questionable situation  <b>Sanity</b>  <b>The strength</b> to do the right thing  <b>If sex is</b> troublesome, we throw ourselves the harder into helping others.  <b>We</b> think of their needs and work for them.  <b>This takes us</b> out of ourselves.  <b>It</b> quiets the imperious urge, when to yield would mean heartache.
Selfish:							
Dishonest:							
Inconsiderate:							
				S E L F I S H	"God, please mold my ideals and help me to live up to them."	"God, please show me what to do about this[each] specific matter"	<b>We</b> think of their needs and work for them.  <b>This takes us</b> out of ourselves.  <b>It</b> quiets the imperious urge, when to yield would mean heartache.
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