

Step 4 Sex and Harm Inventory “God, please help me see the Truth about my conduct in relationships.”

<p>Column 1</p>	<p>My motives for getting involved were:</p> <p>My specific conduct in the relationship has been:</p> <p>Major points that came up in the relationship are:</p> <p>How it ended? Or how it is now?</p>
<p>Column 2</p>	<p>Where had I been selfish:</p> <p>Where had I been dishonest</p> <p>Where had I been inconsiderate:</p>
<p>Column 3</p>	<p>Whom did I hurt? Look beyond the relationship i.e., children, extended family, friends, colleagues, employers, etc.</p>
<p>Column 4</p>	<p>Did we unjustifiably arouse jealousy, suspicion or bitterness?</p> <p>Did I arouse jealousy?</p> <p>Did I arouse suspicion?</p> <p>Did I arouse bitterness?</p>
<p>Column 5</p>	<p>Self-examination. Where was I at fault? Where was I selfish, self seeking, dishonest or fearful, thoughtless, uncaring?</p>
<p>Column 6</p>	<p>What should I have done instead? How would God have me be?</p>
<p>Column 7</p>	<p>Harm: “We have listed the people we have hurt by our conduct, and are willing to straighten out the past if we can.” Harm refers to defects of word and deed. As part of step 5 “take it to the grave stuff”Ask yourself: where and when have you experienced guilt, shame, embarrassment, dishonesty (stealing), secrets and irresponsibility?</p>
<p>Column 8</p>	<p>Amends? What do I need to do to straighten out the past? What behaviors will convince them more than my words? What kind: living, direct amends, written, graveside, financial... I am willing? Yes/No/Not yet.</p>
<p>Column 9</p>	<p>Sex Ideal: God, in the future, help me be:</p> <p>The Sex Ideal is formed between you and God. Take the high points from your past sex relation experiences and transfer them to your ideal. Take all the negatives and low spots from your past sex experiences and take their opposite. Transfer the opposites to your ideal.</p>