





## Review of Our Sex Conduct

### INSTRUCTIONS FOR COMPLETION

**Instruction 1** -We listed people we harmed. (Complete column 1 from top to bottom. Do nothing on columns 2, 3, or 4 until Column 1 is complete.)

**Instruction 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.)

**Instruction 3** - Was it our self-esteem, our security, our ambitions, our personal or sex relationships which had been interfered with? (Complete each column within column 3 going from top to bottom starting with the self-esteem column and finishing with the sexual ambitions column. Do nothing on column 4 until column 3 is complete.)

**Instruction 4** - (Referring to our list again.) Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened, and inconsiderate? (Asking ourselves the above questions, we complete each column within column 4.)

**Instruction 5** - Reading from left to right, we now see the resentment (column 1), the cause (column 2), the part of self that had been affected (column 3), and the exact nature of the defect within us that had allowed the resentment to surface and block us off from God's will (column 4).

### "SELF" COLUMN 3

### COLUMN 4

Affects My... (Which part of self caused the harm?)										What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings:			
Social Instinct		Security Instinct		Sex Instinct		Ambitions							
Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Selfish	Dishonest	Self-Seeking Frightened	Inconsiderate	
Who did I harm:	What did I do:												

One of the deepest ways people harm each other is through **sexual harms**, so these are the first form of harms we look at. (See the Big Book, pp. 68-69) After we have completed the inventory of sexual harms, we then put down on another inventory form all the **other** ways we have harmed people - for example if we have stolen from a person.