

Step 4  
directions

### Fourth Step Inventory

Pray the Third step prayer.

Sex Relations Part of the Fourth Step/ Make a list of all people you have had romantic and sexual relationships with.

Who was the relationship with?

How did yo meet?

Was it love at first sight?

How long did you date before you started to have sex?

What were some good/healthy things about your relationship? (things in common, time you had fun together, etc.)

What were some bad things about your relationship? (be specific and to the point.)

THESE QUESTIONS COME FROM THE BIG BOOK, PG. 69:1/write on back side

1. Where had we (you) been selfish? (what did I want from them?)
2. Where had we (you) been dishonest? (direct lie, lie of omission, lie you told yourself)
3. Whom had we (you) hurt? (them, their family, children, your family, friends?)
4. Where had we (you) been inconsiderate?
5. Did we (you) unjustifiably arouse jealousy?
6. Did we (you) unjustifiably arouse suspicion?
7. Did we (you) arouse bitterness?
8. Where were we (you) at fault?
9. What should we (you) have done instead? (ideal)

## Sex Ideal (69:2 – 70:2) *What the Big Book says:*

The Sex Ideal – 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.

### The Sex Ideal Instructions:

1. (69:2) We subjected each [Sex] relation to this test – “Was it selfish or not?”
2. (69:2) We asked God to mold our Ideals.
3. (69:2) We asked God to help us to live up to them [Ideals].
4. (69:2) We remembered always that our Sex powers were God – given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed.
5. (69:3) We must be willing to grow toward our ideal.
6. (69:3) We must be willing to make amends where we have done harm.
7. (69:3) We ask God what to do about each specific matter.
8. (70:0) We let God be the final judge of our Sex Ideal.
9. (70:0) We realize that some people are as fanatical as others are loose.
10. (70:0) We avoid hysterical thinking or advice.
11. (70:2) We pray for the right Ideal.
12. (70:2) We pray for guidance in each questionable situation.
13. (70:2) We pray for Sanity.
14. (70:2) We pray for Strength to do the right thing.
15. (70:2) If sex is very troublesome, we throw ourselves the harder into helping others and we think of their needs and work for them.

**Imperious:** Arrogant or overbearing. Urgent, compelling.

### A Sex Prayer:

“God, Please remove my fears as I shine the spotlight of truth across my past sexual relationships. Father please help me mold my sex ideals and help me to live up to them. Help me be willing to grow toward my ideals and help me be willing to make amends where I have done harm. Lord, please show me what to do in each specific matter, and be the final judge in each situation. Help me avoid hysterical thinking or advice. Father, please Grace me with guidance, sanity, and strength to do the right thing. If sex becomes very troublesome, quiet my imperious urge, help me not to yield and keep me from heartache as I throw myself the harder into helping others. Help me think of their needs and help me work for them. Amen.” (69:2, 69:3, 70:2)

*- Example -*

### MY SEX IDEAL – From an old inventory

*- EXAMPLE -*

1. A true partner – someone to share equally in the responsibilities of life (neither partner feels or is taken advantage of...).
2. An intimate relationship – someone who can see into me, see my dark side and light side. Someone with whom I can take emotional risks and let them in behind the wall I put up and not abandon me (totally accepting of me-good and bad without expectation of change; if change comes it comes from God...).
3. A monogamous relationship – sexually and spiritually where I show reverence and respect of our love and commitment (i.e. I demonstrate BTK is #1 all the time in my life (honor and cherishment)).
4. Someone with whom I am free to be truthful – not afraid to be honest – both omission and commission.
5. A lover – open, honest, sex – fantasy realization through caring exploration of our sexual natures. The true goal is pleasure for each other through sexual means to enhance intimacy where two really do become one.
6. Fair play – total commitment to harmony through fair, expedient compromise using the rules to keep our disagreement within bounds and open commitment to a quick fair resolution to restore harmony to our relationship.
7. Safe, loving, nurturing home for parenting – emotionally stable filled with love and self-sacrifice for the good of The family union.
8. A balanced relationship: work & play balanced, spending & saving balanced, home & travel balanced. Money is not My God – love and family are paramount.
9. A relationship which nurtures our “couplehood” not just “parenthood” so when the nest is empty our relationship just moves to the next chapter, not starts again... someone to grow old with.
10. Someone to grow with mentally, spiritually and sexually. A nonjudgmental support for the betterment of the individuals which betters the “couplehood”.
11. Someone who will share in our combined vision of our future, our lives to come – with whom I can strive to reach a mutual goal of serene old age where we look back on happiness in the journey – not a finishing line.
12. My #1 fan, supporter, confidant, best friend, lover, spouse, wife, mother, companion and hero – where we revere each other through sacrifice and love to become one and that the one we become can give back and help others including our kids, program, society and church (where our lives can be an example of the program which helps others find happiness, fidelity and love).

SEX (pp. 68-70)

1. Do you believe many of us needed an overhauling in this area? (p. 68, par. 4)
2. Do you believe we must be sensible on this question and it is easy to get way off track? (p. 68, par. 4)
3. Do you believe that no one should be the arbitrator of your sex conduct? (p. 69, top par.)
4. Do you believe we all have sex problems and would hardly be human if we didn't? What can you do about them? (p. 69, top par.)
5. Have you reviewed your conduct over the years past (making a list of relationships)? For each relationship, did you ask yourself where you had been 1) selfish, 2) dishonest, 3) inconsiderate? Did you ask yourself 4) who did you hurt? Did you ask yourself if you unjustifiably arose 5) jealousy, 6) suspicion and 7) bitterness? Did you ask yourself 8) where you were at fault? Did you ask yourself 9) what should have been done instead? Did you get all this down on paper and look at it? (p. 69, par. 1)
6. In this way, did you try to shape a sane and sound ideal for your future sex life? Did you subject each relationship to this test, "Was it selfish or not?" Did you ask God to mold your ideals and help you to live up to them? (p. 69, par. 2)
7. Do you believe that your sex powers are God-given and therefore good; not to be used lightly or selfishly or to be despised or loathed? (p. 69, par. 2)
8. Do you believe that whatever your ideals turn out to be, you must be willing to grow towards them? (p. 69, par. 3)
9. Do you believe that you must be willing to make amends where you have done harm provided you do not bring about more harm in so doing? (p. 69, par. 3)
10. Do you believe you should treat sex as any other problem and in meditation ask God what you should do about each specific matter? Do you believe the right answer will come if you want it? (p. 69, par. 3)
11. Do you believe God alone can judge your sex situation; that counsel with others is often desirable but to let God be the final judge? Do you believe you should avoid hysterical thinking or advice? (p. 70, top par.)
12. Do you believe that it is only a half truth that if you fall short of the chosen ideal and stumble you will get drunk, that it depends upon you and your motives? (p. 70, par. 1)

13. Do you believe that if you are sorry for what you have done and have an honest desire to let God take you to better things that you will be forgiven and you will have learned your lesson? (p. 70, par. 1)

14. Do you believe that if you are not sorry and your conduct continues to harm others, you are quite sure to drink? (p. 70, par. 1)

15. Do you believe you must earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing? (p. 70, par. 2)

16. Do you believe that if sex is very troublesome, you must throw yourself the harder into helping others? Do you believe you must think of their needs and work for them; that this will take you out of yourself and quiet the imperious urge, when to yield would mean heartache? (p. 70, par. 2)

#### SUMMARY (pp. 70 & 71)

1. Have you been thorough about your personal inventory and have you written a lot? Have you listed and analyzed your resentments? Have you begun to comprehend their futility and fatality? Have you commenced to see their terrible destructiveness?

2. Have you begun to learn tolerance, patience, and good will toward all men; even your enemies? Do you look upon them as sick people?

3. Have you listed the people you have hurt by your conduct and are you willing to straighten out the past if you can?

4. Do you believe that faith can do for you what you can't do for yourself? Are you convinced now that God can remove whatever self-will has blocked you off from Him?

5. Do you believe that, having made a decision (Step 3) and an inventory of your grosser handicaps (Step 4) you have made a good beginning? Do you believe that you have swallowed and digested some big chunks of truth about yourself?