

## Assignment 23 – Fear - Sex

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1. Read and highlight in the Big Book from the bottom of page 68 "Now about sex..." through to page 70, stopping at "If we have been thorough...".
2. LISTEN to PODCAST 2020:  
39. Step 4 - Sex Inventory & readings from Big Book ([CLICK HERE](#))
3. As with other inventories, we make a list. Look over the history of your sexual activities (relationships) (see BBW-WOL p. 34).

For example: played doctor, flirted with so-and-so; or a pattern you might be noticing like: one-night stands, affairs with married people, or perhaps we noticed we were avoiding healthy opportunities for intimacy.

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### Extension:

1. Only if you have time: Re-read Chapter Four from the "Twelve Steps and Twelve Traditions" of Alcoholics Anonymous.