

Assignment 24 – Sex - Inventory

1. Complete the Sex Inventory Worksheet (see appendix in BBW-WOL). One worksheet per event.
2. Collect the answers to your Question 9 on one piece of paper.

Now we sit in the Power of that unanswered question - "What should we have done instead?" OR CONSIDER "Given what I now know...would I do anything differently today?"

REMEMBER: I could not do anything differently back then - but now...what would I do now? Consider also, do I see a pattern of behavior? This will help you to identify your core values. These become part of your SEX IDEAL (our ideals/principles we become willing to live up to). Consider what may be our CONDITIONED BEHAVIOUR, i.e. the taking on values just because they were our family's, or our sponsor's values, maybe values of our culture or religious traditions. We are invited to develop our own values by writing out our own SEX IDEAL. Keep an open mind, using the Set Aside Prayer. We put our SEX IDEAL in the context of responsibility for our own behaviour. Some examples may be consideration of partner's feelings; integrity; fidelity; respect for myself and my partner; etc.

JUST A REMINDER: we are not the arbiter of others' sexual conduct, and the Big Book has no opinion.

3. Write out your SEX IDEAL.
4. LISTEN/WATCH: 39. Step 4 - Sex Inventory & readings from Big Book ([CLICK HERE](#))

Extension:

1. If you haven't read Chapter Four from the Twelve Steps and Twelve Traditions recently, then consider re-reading it now.