

# REVIEW OF OUR OWN SEX CONDUCT

COLUMN 1

COLUMN 2

COLUMN 3

COLUMN 4

COLUMN 5

<p><b>WHO DID I HURT?</b></p>	<p><b>WHAT DID I DO?</b></p>	<p><b>AFFECTS MY:</b> Which part of self caused me to do what I did? Was it caused by the social instinct, the security instinct or the sex instinct?</p>	<p><b>WHAT FEELINGS DID I CREATE IN OTHERS?</b> Did I unjustifiably arouse jealousy, suspicion, bitterness, anger, desire to retaliate, fear, etc.? What should I have done instead?</p>	<p><b>WHERE HAD I BEEN:</b> "Selfish" "Dishonest" "Self-Seeking and frightened" "Inconsiderate"? Which of the above character defects caused me to do what I did to harm another?</p>
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## Step Four Sex Conduct Checklist\*

### Column 1 checklist (*We reviewed our sex conduct over the years past. Whom had we hurt?*)

- Her, him, family, friends, co-workers, etc.
- Me with guilt or shame
- Infecting him/her a sexually transmitted disease
- Involving him/her in legal proceedings
- Embarrassing him/her
- How did I cause the hurt?

### Column 2 checklist (*Where had we been selfish, dishonest or inconsiderate?*)

- SELFISH**
- Using him/her to meet my needs for sex, attention, approval, mothering, or fathering
  - Not seeing him/her needs or problems
  - Wanting to look good or be liked
  - Taking out my emotions on him/her (anger, sadness, etc.)
  - Wanting to control him/her
  - Wanting special treatment
  - Wanting him/her to take care of me
  - Wanting more than my share
  - Not trying to be a friend

### DISHONEST (to me or others)

- Leading someone on—saying I care for him/her more than I do because I want sex
- Not admitting my sexual orientation
- Thinking I'm better (grandiosity)
- Being perfectionistic
- Not being clear about my motive (wanting fathering, mothering, approval, approval, or sex)
- Wanting to vent my emotions on or control him/her
- Cheating on him/her

### INCONSIDERATE

- To her, him, family, friends, co-workers, etc.
- Putting others or myself at risk of disease, legal involvement, and embarrassment
- How I was inconsiderate?

### Column 3 checklist (*Did we unjustifiably arouse jealousy, suspicion or bitterness?*)

#### JEALOUSY:

- Of her, him, family, friends, co-workers, etc.
- How did I cause jealousy (tricking, flirting, also see *Suspicion*, below)?

### SUSPICION:

- Of her, him, family, friends, co-workers, etc.
- How did I cause suspicion (lying, flirting, tricking, coming home late, etc.)?

### BITTERNESS:

- About her, him, family, friends, co-workers, etc.
- About me (guilt, shame)
- How did I cause bitterness?

### Column 4 (*Where was I at fault?*)

- Was I selfish, self seeking, dishonest or fearful, thoughtless, uncaring?

### Column 5 (*What should I have done instead?*)

- Not used the person
- Respected him/her
- Tried to be a friend
- Been candid and open
- Cared about him/her
- Treated him/her as I would have wanted to be treated

\*Thanks to *Anonymous* in New England.