

# 12 Steps On The PATH To Freedom

## Step 4: Sex Inventory

**Review the facts - We are looking for our motives, and the impact on others of our actual behavior:**

Write a brief history of the relationship and include:

- My motives for getting involved were...?
- How did the encounter or relationship begin?
- What's the status now, or how did it end?

- 1) **Where had I been selfish?** (*Thinking about myself*)
- 2) **Where had I been dishonest?** (*By commission or omission*)
- 3) **Where had I been inconsiderate?**
- 4) **Whom did I hurt?**
- 5) **Did I arouse jealousy?**
- 6) **Did I arouse suspicion?**
- 7) **Did I arouse bitterness?**
- 8) **Where was I at fault?**
- 9) **What should I have done instead?**

**NOTE:** The answer to question 9 is never "I shouldn't have gotten involved in the first place." Refer **instead** to what you should have done, or how you should have behaved in the relationship. Make sure you're especially complete with Question #9 as you will refer back to it later when writing your Sex Ideal worksheet.