

# 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.