

4th Step Sexual Conduct Inventory

All page references refer to the Green Book of Sex Addicts Anonymous

(One name per page front of paper only)

1st Instruction (pg 33 ¶3 line 5)

"We look at whom we hurt,..."

Example:

Jane

2nd Instruction (pg 33 ¶3 line 6)

"...what we did specifically to hurt them,..."

Example:

I was unfaithful to her with a prostitute while on a business trip.

3rd Instruction (pg 33 ¶3 line 6)

"...and why we did it. In the process, we uncover the secret agendas, fantasies, beliefs, and rationalizations contributing to our behavior."

Example:

1. I planned the trip so that I could be with a prostitute.
2. She hadn't been very affectionate lately.
3. I was entitled to have some fun. I was working hard.

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4th Instruction (pg 33 ¶3 line17)

"Even if we were co-partners in sexual misdeeds...we focus only on our part. We look honestly at the defects that drove our behavior, such as selfishness, desire for control, an attitude of entitlement, or feelings of inferiority or superiority."

Example:

1. I was selfish and didn't consider how much it would hurt Jane if she found out.
2. I was inconsiderate of Jane's health by not using a condom.
3. I was dishonest for lying to Jane about why I was traveling.
4. I had self-pity for blaming Jane for our lack of sex.
5. I was feeling entitled and rationalized my actions by saying I deserved it.

4th Step Resentment Inventory

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1st Instruction (pg 34 ¶2)

"...we list the people and situations that have hurt us..."

Example:

Dad

2nd Instruction (pg 34 ¶2 line 2)

"...citing specific instances. We list what resentments we hold against people, and why – trying to identify exactly what they did, instead of writing in generalities."

Example:

1. Wasn't around when growing up. I felt abandoned and like something was wrong with me.
2. Only showed up when he wanted to see us. I felt like he didn't love me.

3rd instruction (pg 34 ¶2 line 5)

"We may list what we think was lost, taken or threatened by another person's actions. We also write about our blame of others – how we believe their actions have harmed us and affected our lives for the worse."

Example:

1. It hurt my self-esteem. It's Dad's fault that I'm having problems now.
2. I don't know how to love my wife because Dad never loved Mom.

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(Back of paper)

4th Instruction (pg 34 ¶3)

“We then go back over the list of resentments, looking at each incident and ask ourselves what role we played in the situation.”

Example:

1. I never called him.
2. I used his not being around as an excuse to act out.
3. I needed to hate him to justify my own behavior.
4. I got sympathy from people when I talked about Dad so sometimes I made it worse than it really was.

4th Step Fears (and other emotions) Inventory

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“In the same way that we write about our sexual conduct and resentments, we may inventory other emotions and behavior patterns in our lives. Examples of troubling emotions that bring out our character defects may include fear, envy, loneliness, shame, embarrassment, or self-hatred.”

- pg 35 ¶1

"In taking inventory, we may write about the many ways that these feelings have ruled our lives, using specific examples from our experience...In each case we search for the defects of character revealed by our emotional unmanageability.”

- pg 35 ¶2 line 6

(One emotion per page. This example is ‘Fear’)

1st Instruction (pg 35 ¶3 line 3)

"We can list the ways in which we have been handicapped by our fears;...”

Example:

1. I was afraid of being hurt in my relationship with Jane so I never let her get very close to me.
2. I was afraid of failure so I never tried for the promotion at work.
3. I was afraid of being ridiculed by others so I never let anyone know how I really felt or what I really needed.

4th Step Fears (and other emotions) Inventory

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2nd Instruction (pg 35 ¶3 line 4)

“We list...how fear motivated our actions that we later regretted,...

Example:

1. Should have been more open with Jane but instead I pushed her away.
2. Got angry with Jane when she accused me of cheating on her because I was afraid she would find out about my affair.

3rd Instruction (pg 35 ¶3 line 4)

“We list...how it prevented us from achieving the things we desired,”

Example:

1. I never went back to college because I was afraid I wouldn't get good grades.

4th Instruction (pg 35 ¶3 line 5)

“We list.....how the fear of intimacy and commitment contributed to our loneliness.”

Example:

1. I don't have many friends because I'm afraid to let people get close to me.
2. When Jane needed me the most I held back because I was afraid of being hurt.