

Sex Conduct Inventory

Step Four · Part Three

This page looks at relationship and sexual conduct with the same honesty as the rest of Step Four — no more, no less. Use first names or initials only. List who was affected, what happened, and where selfishness, dishonesty, or fear shaped your part. The goal isn't judgment. It's an honest look at harm caused, so it can be named and, later, made right.

Who was affected <i>First name or initials</i>	What happened <i>The conduct, plainly stated</i>	What it stirred up <i>Jealousy, suspicion, bitterness, selfishness in me or them</i>	My part <i>Where was I selfish, dishonest, or unfair to them?</i>

Sex Conduct Inventory — continued

Who was affected <i>First name or initials</i>	What happened <i>The conduct, plainly stated</i>	What it stirred up <i>Jealousy, suspicion, bitterness, selfishness in me or them</i>	My part <i>Where was I selfish, dishonest, or unfair to them?</i>

Consider, too, what a sane and honest ideal for future relationships looks like for you — you can capture that on a separate page when you're ready.