**Back-to-Basics, A Design for Living**

**Month 3 Shame/Guilt Sex Inventory**

**—Long Form—**

(Before filling out this worksheet, please read the paper on Shame and Guilt vs Remorse.)

Please fill out this worksheet using one person on your sex inventory that you feel especially shameful or guilty about. Keep your sentence below clear and simple. Read your answers to your sponsor at your weekend meeting.

I feel shame about

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I feel guilty about

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Then answer the following questions. (If a question doesn't apply skip it)

**PART I**

What do you believe you did wrong in this situation?

If the difference between guilt and shame is: SHAME is "I am something wrong" and GUILT is "I did something wrong," where is it that you feel you ARE something wrong (if you feel shame)?

Why do you think you feel shameful about this situation?

What other thoughts come up when you have this shame or guilt?

How do you react when these thoughts arise?

Where do you feel the shame or guilt in your body?

How old were you when you first felt this kind of guilt or shame?

How has this shame or guilt affected your relationships in the past?

How is this shame or guilt affecting your life now?

How has this shame or guilt affected those around you?

Where do you lose your power when you have this shame or guilt?

When you feel this shame or guilt, are you thinking mostly of yourself?

When you feel this shame or guilt where do you stop considering others? (For example: I just want relief from this feeling, I just don't want to feel bad. I stop seeing what they might need.)

When you feel this shame or guilt, how do you become inconsiderate of yourself? (For example: I don't consider that I took to someone else's opinion of morality and don't listen to my own heart and H.P. when it comes to right and wrong.)

When you feel this shame or guilt, what are you afraid of being, where is your ego identity put at risk? (For example: I am a slut or perverted or a perp)

Where do you fear telling others about your behavior or what you did?

When you have this shame or guilty thoughts, how do you try to play God and be in control?

When you have these shameful or guilty thoughts, where are you dishonest with yourself?

Where do you start to become dishonest with others?

Where do you create a negative future for yourself and others?

When you have these shame or guilty thoughts, what ways do you blame others?

Where do you blame yourself?

When you feel this shame or guilt, how do you make yourself inferior to others?

Do you feel shame or guilt for having this shame or guilt?

When you feel this shame or guilt who do you envy? Who do you feel jealous of?

When you have this shame or guilt, how do you procrastinate or avoid taking action?

What compulsive or addictive behaviors do you to start to activate to get away from these shameful and guilty thoughts?

Where do these shaming and guilty thoughts become an obsession or a compulsion? Where does it spin around and repeat itself?

Here your sponsor will ask you this question:

 “Are you willing to have God remove this guilt and shame and replace them with heart-centered remorse, responsibility, self-compassion and self-forgiveness? If you say, “Yes” then continue with these questions:

**PART 2**

What would this situation look like without this shame or guilt? For instance, what if you were not capable of thinking the thought that lead feeling shameful. What would it be like?

What would this situation look like if you felt only regret and remorse without also feeling shame or guilt?

What would this situation look like if you accepted yourself just as you are?

What would this situation look like if you felt worthy?

What would this situation look like if you had faith in your Higher Power?

 How would this situation look if you had faith in yourself?

What could you see happen if you had faith in other people?

Where could you be more considerate of yourself in this situation?

How would letting go of this shame or guilt make you more considerate of others?

What would it be like not to blame yourself or others?

How would this situation be different if you were honest and authentic with yourself?

How would this situation be different if you were honest and authentic with others?

What would you see in this situation if you saw yourself and others as equal? If you had humility.

How would this situation be different if you felt the energy and willingness to take action?

Where can you be generous in this situation?

How can you serve others and stop holding back?

Where can you find gratitude for this situation?

What useful lessons have you learned because of this situation?

Here your sponsor will ask you: Because guilt or shame can close off the heart,

Are you willing to let your Higher Power love you?

Are you willing to let others love you?

Are you willing to love yourself?

Are you willing right now to forgive every person who you blame for this shame/guilt?

Are you willing right now to forgive yourself 100% for carrying this shame/guilt?

Then discuss with your sponsor any actions you need to take to overcome this shame/guilt. Make a list of at least 3 small actions and bookend them with your sponsor.

End this session with your sponsor by saying the 7th Step prayer or creating your own 7th Step Prayer.

Write down your Learnings

1.

2.

3.

4.

5.