**BBB2B FOURTH STEP INVENTORY LONG FORM
Sex Conduct and Fantasy**

Before completing this worksheet, please read the paper, titled ***A Few Thoughts on Shame and Guilt***posted on the [www.mediaaddictsanonymous.org](http://www.mediaaddictsanonymous.org) homepage under Open Back-to-Basics Step Study, Module Two.

Please fill out this worksheet, using **one** person or situation from your *Fourth Step Inventory Short Form – Sex Conduct and Fantasy*. Choose a person or situation for which you feel especially guilty or ashamed.

**Write a concise sentence that clearly describes your guilt and shame:**

**I feel guilty about**

|  |
| --- |
|  |

**I feel ashamed about**

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| --- |
|  |

Now answer the following questions. *(Skip any question that does not apply.)*

**Part I**

What do you believe you did wrong in this situation?

Why do you think you feel guilty or ashamed about this situation?

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

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

If the difference between guilt and shame is that **SHAME** is “*I am something wrong”* and **GUILT** is “*I did something wrong,*” when or how did you find yourself feeling shame or thinking that you *ARE* something wrong?

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

How do you react when these thoughts arise?

Are these thoughts true?

How has this shame or guilt affected you or is affecting your life now?

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

How does this shame or guilt affect those around you?

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

Do you feel fear when having these guilty or shaming thoughts?

Are you afraid to tell others about your behavior or what you did? Why are you afraid? What are you afraid of specifically?

How are you judging yourself when you feel this guilt or shame? What type of person do you fear you are being? (*Think of how you might be labeling yourself*.) Is your ego or identity being threatened?

Do you try playing God and be in control when you have these guilt-filled/shameful thoughts? How so?

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

Do you envy others when you experience this shame or guilt? Who are you jealous of? What do you envy in others that you think you lack?

How are you dishonest with yourself when you have these shameful or guilty thoughts?

When or how do you become dishonest with others?

How do you blame others when you have this shame or guilt?

When or how do you blame yourself?

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

How do you possibly create a negative future for yourself or others?

Who are you thinking of when you feel this shame or guilt? Do you think mostly of yourself?

When you feel this shame or guilt, how do you stop considering others? (e.g., I just want relief from this feeling. I just don't want to feel bad. I can’t think of anything else, much less what they might need.)

How do you become inconsiderate of yourself? (e.g., When it comes to right or wrong, I take on someone else's opinions of morality and fail to listen to my own heart and to my Higher Power.)

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

Where or when does this guilty or shaming thought become an obsession or a compulsion? How does it spin around and repeat itself?

Here your sponsor will ask you:

*“Are you willing to have God remove this* ***guilt or shame*** *and replace them with heart-centered* ***remorse****,* ***responsibility****,* ***self-compassion****, and* ***self-forgiveness****?*

If you answer *“yes,”* continue with Part 2. Skip the questions that don’t apply.

**Part II**

What would this situation look like without this shame or guilt? Consider not being capable of thinking the thought that leads to feeling guilty or ashamed: What would it be like?

What would this situation look like if you had only regret and remorse without the burden of shame and guilt?

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

How would this situation be if you felt worthy?

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

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

How could you envision the situation if you had faith in other people?

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

How would the situation differ if you were honest and authentic with yourself?

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

How would you experience this situation if you saw yourself and others as equal? If you had true humility (neither superior nor inferior to others)?

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

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

How would this situation differ if you mustered the energy and willingness to take action?

How can you be generous in this situation?

Where and 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 our heart,*

Are you willing to let your Higher Power love you?

Are you willing to allow others to love you?

Are you willing to love yourself?

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

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

Even guilt and shame can be lightened by laughter. Where can you find humor or lightness moving forward?

Are you willing right now to take three small actions to overcome your shame/guilt and become more capable at tackling what’s holding you back?

**Assignment**: 1) Discuss with your sponsor any actions you need to take to overcome this guilt/shame.

2) Make a list of at least **three small actions** and bookend them with your sponsor.

Write down your learnings:

End this session with your sponsor by saying the **Seventh Step Prayer** or creating your own seventh step prayer.

*My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.*