**BBB2B FOURTH STEP INVENTORY SHORT FORM**

**Sex Conduct and Fantasy**

**Instructions:**

1. Read pages **68-71** of the Big Book.

2. Column 1: List the names of people with whom you have had sex or sexual fantasies.

3. Column 2: List where you were selfish, dishonest, or inconsiderate.

4. Column 3: Write whether you used this relationship to arouse jealousy, suspicion, or bitterness.

5. Column 4: List whom you hurt because of your conduct. This may include yourself if you were acting out of integrity and your friends and family members if they knew about it.

6. Column 5: Ask yourself where you were at fault and what you should have done instead.

| **Person’s Name** | **Where was I selfish, dishonest, or inconsiderate?** | **Did I unjustifiably arouse jealousy, suspicion, or bitterness?** | **Whom did I hurt?** | **Where was I at fault and what should I have done instead?** |
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| Example: A movie star I was obsessed with | Wasted time on media, fantasizing about being with him. I lied to myself that it was even possible. I ignored anyone real who was interested in me. | No | Myself, my friends, and my family members, because I could have spent more time with them, connecting, and living in the here and now. | I was lying to myself. I should have stopped and joined MAA to let go of the fantasy I was holding onto through media. |
| Example: Melissa | I wanted a partner so badly that I hung on even when she wasn’t interested in me. | I would tell her about other people who were interested in me hoping to make her jealous. | Me, because I was not in integrity. Melissa, because she was too nice to tell me the truth, and my best friend, because I never stopped talking about her. | I lied to myself, because deep down, I knew she didn’t care. I should have relied on Higher Power and trusted that I would meet someone else who really did care for me. |
| Example: Chris | I stayed with them for 7 years even though I knew after 7 days they weren’t right for me.I lied and said I cared about them and never considered how much this lie would hurt them. | I made up stories about being unavailable to do things with them (like going to their brother’s wedding), which must have caused suspicion as to how serious I was about our relationship. | Me, Chris, their family, and my family, because I was always pretending and not being honest. | I engaged in people-pleasing, because I didn’t want to hurt their feelings and didn’t want any conflict. I was only in it for the sex, while I knew the relationship meant much more to them. I should have ended it before I let it go too far.  |
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