# Fourth Step Inventory: Sex Conduct

- Read from bottom of page 68 through 70 of the Big Book before beginning.

1. Column 1: “We reviewed our own conduct over the years past.” (Complete column 1 from top to bottom. Do nothing with column 2, 3, 4, 5, 6, until column 1 has been completed.)
2. Column 2: “We did we do?” (Complete column 2 from top to bottom. Do nothing with column 3, 4, 5, 6, until column 2 has been completed.)
3. Column 3: “We list the exact nature of our shortcomings.” (Complete column 3 from top to bottom. Do nothing with column 4, 5, 6, until column 3 has been completed.)
4. Column 4: Did we unjustifiably arouse jealousy, suspicion or bitterness? (Complete column 4 from top to bottom. Do nothing with column 5, 6, until column 4 has been completed.)
5. Column 5: “Who did I harm?” (Complete column 5 from top to bottom. Do nothing with column 6, until column 5 has been completed.)
6. Column 6: “What should I have done instead?” (Complete column 6 from top to bottom.)

<table>
<thead>
<tr>
<th>Who Was It?</th>
<th>What did we do?</th>
<th>What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings.</th>
<th>Did I unjustifiably arouse:</th>
<th>Who Did I Harm?</th>
<th>What should I have done instead?</th>
</tr>
</thead>
<tbody>
<tr>
<td>We list the people with whom we have experienced sexual conduct.</td>
<td>We ask ourselves what we did</td>
<td>Was I Selfish? Was I Dishonest? Was I Inconsiderate? Was I Self-seeking? Was this relationship selfish? Jealousy? Bitterness? Suspicion?</td>
<td>Who was harmed?</td>
<td>“We asked God to mold our ideals and help us to live up to them. We remembered always that our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed.” Page 69</td>
<td>“To sum up about sex: We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing.” Page 70</td>
</tr>
</tbody>
</table>