

# THE BIG BOOK'S WAY TO "SENSIBLY OVERHAUL" OUR OWN SEX CONDUCT(Pages 68-70)

**INSTRUCTIONS:** a) Study from the bottom of page 68 to the end of third paragraph on page 70. b) Fill in Column 1 from top to bottom. c) Do Column 2 from top to bottom. d) Fill in each of the remaining columns from top to bottom. *Do not work across the page from left to right.* Don't forget the Sex Prayer ("God, please mold my ideals and help me to live up to them") on page 69, and the Big Book's Sex Meditation ("God, please show me what to do about this [each] specific matter") on page 70. "The right answer will come if we want it". This will shape a "same and sound ideal for our future sex life" (page 69). Be sure to restudy what happens if we "fall short of the chosen ideal and stumble" on page 70. Be sure to continue to pray the "Earnest" prayers from page 70 (on the right hand side of this page) for ongoing guidance, strength, sanity, and the right ideal.

| Whom did I hurt?                         | Where was I at fault? ...Where was I: | Did I arouse: | What should I have done instead? | Was each relation:              | page 69 Sex Prayer | Page 69 Sex Med | The "Earnest" (on-going) Prayers on page 70   |
|--|---------------------------------------|---------------|----------------------------------|---------------------------------|--------------------|-----------------|---|
| Selfish:<br>Dishonest:<br>Inconsiderate: | _____                                 | Jealousy?     |                                  | S<br>E<br>L<br>F<br>I<br>S<br>H |                    |                 | Earnestly pray for the right ideal. (page 70)<br>Earnestly pray for guidance in each questionable situation. (page 70) (For the future and in terms of amends.)   |
|  | _____                                 | Suspicion?    |                                  |                                 |                    |                 |   |
|  | _____                                 | Bitterness?   |                                  |                                 |                    |                 |   |
| Selfish:<br>Dishonest:<br>Inconsiderate: | _____                                 | Jealousy?     |                                  | S<br>E<br>L<br>F<br>I<br>S<br>H |                    |                 | Earnestly pray for sanity. (page 70)<br>Earnestly pray for the strength to do the right thing. (page 70)<br>If we still have trouble "we throw ourselves into others . . . This takes us out of ourselves (page 70).<br>To yield means heartache. (page 70) |
|  | _____                                 | Suspicion?    |                                  |                                 |                    |                 |   |
|  | _____                                 | Bitterness?   |                                  |                                 |                    |                 |   |
| Selfish:<br>Dishonest:<br>Inconsiderate: | _____                                 | Jealousy?     |                                  | S<br>E<br>L<br>F<br>I<br>S<br>H |                    |                 |   |
|  | _____                                 | Suspicion?    |                                  |                                 |                    |                 |   |
|  | _____                                 | Bitterness?   |                                  |                                 |                    |                 |   |