

RELATIONSHIP IDEAL

Now about sex. Many of us needed an overhauling there. But above all, we tried to be sensible on this question. It's so easy to get way off the track. Here we find human opinions running to extremes - absurd extremes, perhaps. One set of voices cry that sex is a lust of our lower natures, a base necessity of procreation. Then we have the voices who cry for sex and more sex; who bewail the institution of marriage; who think that most of the troubles of the race are traceable to sex causes. They think we do not have enough of it, or that it isn't the right kind. They see its significance everywhere. One school would allow man no flavor for his fare and the other would have us all on a straight pepper diet. We want to stay out of this controversy. We do not want to be the arbiter (judge) of anyone's sex conduct. We all have sex problems. We'd hardly be human if we didn't. What can we do about them?

During and after the sex inventory, we try to shape a sane and sound ideal for our future sex life. We subject each relation to this test - is it selfish or not? We ask God to mold our ideals and help us to live up to them. We remember always that our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed.

Whatever our ideal turns out to be, we must be willing to grow toward it. In other words, we treat sex as we would any other problem. In meditation, we ask God what we should do about each specific matter. The right answer will come, if we want it.

God alone can judge our sex situation. Counsel with persons is often desirable, but we let God be the final judge. We realize that some people are as fanatical about sex as others are loose. We avoid hysterical thinking or advice.

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. If sex is very troublesome, we throw ourselves the harder into helping others. We think of their needs and work for them. This takes us out of ourselves. It quiets the impurious (which means "urgent") urge, when to yield would mean heartache.

(pages 68-70)

Since it suggests that we come up with a future sex (relationship) ideal, please use this form to develop one. For you, what would be the ultimate? What is usually included here are: 1) ideal attributes and behaviors in OURSELVES that we would like to bring to a relationship, 2) ideal attributes and behaviors that we would look for in SOMEONE ELSE that we might consider having a relationship with. (If you are currently in a relationship, #2 would then become: positive attributes and behaviors that my partner already has that I can appreciate and notice more.), and 3) attributes and behaviors that would describe what an ideal relationship would generally look like.