

SEX IDEAL

Suggestions on shaping a sane and sound ideal for our future sex lives.

Before we begin we asked God about each specific matter

A - Subject each relationship to this test:

1. Is it selfish or not?
2. Am I an equal partner in the relationship?
3. Am I only concerned with my own needs, wants and desires?

B. Am I using this relationship to satisfy my other primary instincts?

1. To build my self-esteem?
2. For financial or material gain (vacations, clothes, food or shelter...)?
3. For emotional security (the need to be in the relationship to dominate or to overly depend on my partner)?
4. For my ambitions (my future plans to gain self-esteem, material or emotional security, personal or sexual relations)?
5. For personal relationships because I feel incomplete being alone?

C. Am I arousing jealousy, suspicion, bitterness?

Jealousy:

1. Am I flirting with the opposite sex, with my partner present?
2. Am I showing extra attention to the opposite sex (in person or on the phone), with my partner present?
3. Am I talking about the opposite sex to my partner (suggestively)?

Suspicion (creating doubt):

1. Am I more concerned with my physical appearance (new clothes, hairstyle...)?
2. Do I use excuses or lie to be away from my partner?
3. Do I fail to call when I say I will?
4. Am I emotionally distant with my partner when we are together?
5. Am I with holding physical intimacy?
6. Am I flirting with the opposite sex?
7. Am I showing extra attention to the opposite sex? (In person or on the phone)

Bitterness:

1. Am I sarcastic?
2. Am I not communicating because of discontent?
3. Am I often late for our dates?

D. Not repeating those actions which create jealousy, suspicion, and bitterness (column 2 in the Step 4 Sex/Harms Inventory).

How do I do this? We strive for the opposites of the defects we found in column 2.

Unselfishness: Willing to share myself spiritually, emotionally, materially, and physically.

Honesty: Tell the truth regarding my feelings and thoughts no matter what I think my partner wants to hear (remembering that honesty with out kindness is hurtful).

Thoughtfulness: Seeking ways to be thoughtful of my partners needs rather than my own.

Spirituality: Letting God direct the relationship (rather than fear).

Consideration: Considering my partners need, wants, desires, and feelings.