

When done with the Step 4 Inventories, use the accumulated answers to the Big Book question "What should I have done instead" (BB page 69:1) as a guide to develop your sex ideal (principles, values, standards). In prayer, ask God to mold your ideals and help you live up to them (BB page 69:2). Write out, in paragraph form, your chosen sex ideal as revealed IN MEDITATION.

This is not about IDEAL SEX! It is about the principles, values, and standards you'll use as a basis for future conduct - your SEX IDEAL.

My Creator, please give me healthy thinking about sex, mold my ideal, help me to be willing to grow toward that ideal and to have the strength to live up to it.

Herb K.