

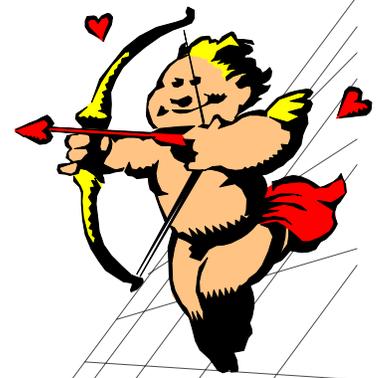
Al Kohallek Goes High-Stepping

"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 extreme, perhaps. We all have sex problems. We'd hardly be human if we didn't. What can we do about them?" (Alcoholics Anonymous reprinted with permission).

Well that's one of the questions the following Inventory will address. However, a more important question is what are we willing or able to do about all of our relationships? In fact, if we changed our point of reference as to a different type of relationship, we would find this Inventory useful.

ACTION

1. Respond to each of the questions, some you will hate.
2. Keep your response brief, simple and to the point. If you need additional space use a the back of the facing page..
3. Keep the Basic Format For A Step Four Inventory handy.
4. Review you work to this point. Those items that you had a strong response to spend a little more time on.
5. Write out your new plan of action and/or inaction.



SEX AND LOVE ADDICTION



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The following list is a thought starter to help identify your habits of thoughts and feelings in the area of Sex and Love Addiction. Go through the whole list first

marking the questions that cause you to have a strong reaction, good or bad. Go back to these questions and include them in your Inventory.

1. Have you ever tried to control how much sex to have or how often you would see someone?

2. Do you find yourself unable to stop seeing a specific person even though you know that seeing this person is destructive to you?

3. Do you feel that you don't want anyone to know about your sexual or romantic activities? Do you feel you need to hide these activities from others - friends, family, co-workers, counselors, etc.?

4. Do you get "HIGH" from sex and/or romance? Do you "CRASH"?

5. Have you had sex at inappropriate times, in inappropriate places, and/or with inappropriate people?

6. Do you make promises to yourself or rules for yourself concerning your sexual or romantic behavior that you find you cannot follow?

7. Have you had or do you have sex with someone you don't/didn't want to have sex with?

8. Do you believe that sex and/or a relationship will make your life bearable?

9. Have you ever felt that you had to have sex?

10. Do you believe that someone can "FIX" you?

11. Do you keep a list, written or otherwise, of the number of partners you've had?

12. Do you feel desperation or uneasiness when you are away from your lover or sexual partner?

13. Have you lost count of the number of sexual partners you've had?

14. Do you feel desperate about your need for a lover, sexual fix, or future mate?

15. Have you or do you have sex regardless of the consequences (e.g. the threat of being caught, the risk of contracting herpes, gonorrhea, aids, etc.)?

16. Do you find that you have a pattern of repeating bad relationships?

17. Do you feel that your only or major value in a relationship is your ability to perform sexually or provide an emotional fix?

18. Do you feel like a lifeless puppet unless there is someone around with whom you can flirt? Do you feel that you're not "really alive" unless you are with your sexual/romantic partner?

19. Do you feel entitled to sex?

20. Do you find yourself in a relationship that you cannot leave?

21. Have you ever threatened your financial stability or standing in the community by pursuing a sexual partner?

22. Do you believe that the problems in your "love life" result from not having enough of, or the right kind of sex, or from continuing to remain with the "wrong" person?

23. Have you ever had a serious relationship threatened or destroyed because of outside sexual activity?

24. Do you feel that life would have no meaning without sex? Do you feel that you would have no identity if you were not someone's lover?

25. Do you find yourself flirting or sexualizing with someone even if you do not mean to?

26. Does your sexual and/or "romantic" behavior affect your reputation?

27. Do you have sex and/or "romantic" relationships to deal with or escape from life's problems?

28. Do you feel uncomfortable about your masturbation because of the frequency that you masturbate, the fantasies you engage in, the props you use, and/or the places in which you do it?

29. Do you engage in the practices of voyeurism, exhibitionism, etc. in ways that bring discomfort or pain?

30. Do you find yourself needing greater variety and energy in your sexual or romantic activities just to achieve an "acceptable" level of physical and emotional relief?

31. Do you need to have sex or "fall in love" in order to feel like a "real man or woman"?

32. Do you feel that your sexual and romantic behavior is about as rewarding as a revolving door? Are you jaded?

33. Have you been unable to concentrate on other areas of your life because of thoughts or feelings you are having about another person or about sex?

34. Do you find yourself obsessing about a specific person or sexual act even though these thoughts bring pain, craving or discomfort?

35. Have you ever wished you could stop or control your sexual and/or romantic activities for a given period of time? Have you ever wished you could be less emotionally dependent?

36. Do you find the pain in your life increasing no matter what you do? Are you afraid that deep down you are unacceptable?

37. Do you feel that you lack dignity and wholeness?

38. Do you feel that your sexual and/or romantic life affects your spiritual life in a negative way?

39. Do you feel that your life is unmanageable because of your sexual and/or romantic behavior or your excessive dependency needs?

40. Have you ever thought that there might be more you could do with your life if you were not so driven by sexual and romantic pursuits?

41. Hiding what we feel/do is a major sexual problem. Is this a problem for you?

42. Are you good at communicating your sexual/romantic needs?

43. Were your sexual patterns shaped by what was being said or not being said?

44. How has concealing current dissatisfactions and/or sexual history helped to shape your sexual response?

45. Some hide feelings and desires, others conceal behavior, others sexual history. How do you handle these?

46. What are you willing to reveal? To Whom? What do you choose to keep concealed?

47. Have you formed an unspoken truce to keep secret some of the things you do or don't with your sexual mate?

48. Do you find misplaced embarrassment a major reason to resist asking for help?

49. What are your sexual double standards?

50. Is the only way you can handle explicit conversation about sex by joking?

51. How do you handle sexual criticism?

52. Are you waiting for your mate to guess what you want or give you permission?

53. Write a list of what currently turns you off. Be very specific.

54. Write a list of what currently turns you on. Be very specific.

55. Describe your sexual fantasy.

56. Are you afraid of being dominated by your sexual partner?

57. Are you so preoccupied with performance anxiety that the joy of sex is lost?

58. Do you spend as much intimate time together with your sexual partner as you did when you were courting?

59. Is your time alone with your partner filled with silence, fighting or talking about others rather than intimate sharing?

60. Do you masturbate to orgasm? Do you feel comfortable doing this?

61. Are you sexually aroused only by people or objects you find inappropriate?

62. Do you worry about being the perfect lover?

63. Do you find yourself blaming your sexual partner when there is a problem?

64. Do you center all your sexual activities on intercourse?

65. Do you believe you have to be able to perform all the time?

66. Do you sometimes think you are the only person with a sexual problem?

67. What are some of the myths, misconceptions, misunderstandings you learned about sex? Who was your teacher?

68. How do you react to sex when you have interpersonal conflicts, resentments, or hostility?

69. Have you ever had a prolonged frustration of your sexual needs? How did you react?

70. Have you ever withheld sex to punish your partner?

71. What happens to your sexual performance when you are under server stress or in a state of depression?

72. Are you aware that chronic alcohol and drug abuse as well as some medications such as some blood pressure medications can cause poor sexual performance?

73. What sexual situations have caused you anxiety, bitterness, frustration, fear or depression?

74. What is it you want changed enough to do whatever it "TAKES"?

75. Describe your ideal sexual mate.

76. Describe your present sexual mate.

77. Describe your sexual image of yourself.

78. When do you make selfish or unreasonable demands on others? On yourself?

79. Do you use sex to end a disagreement?

80. What opinions about sex do you have that run to the extremes?

81. When and how did your selfish pursuit of the sex relation damage other people and/or yourself?

82. What people were hurt and how badly by your selfish pursuit?

83. Did you spoil your marriage and/or injure your children?

84. Did you jeopardize your standing in the community?

85. Just how did you react to this situation at the time?

86. Did you burn with a guilt that nothing could extinguish?

87. Did you insist that you were the pursued and not the pursuer, and thus absolve yourself?

88. How have you reacted to frustration in sexual matters?

89. When denied, did you become vengeful or depressed? Did you take it out on others?

90. If there was rejection or coldness at home, did you use this as a reason for promiscuity?

91. Many of us needed an overhauling sexually; how about you?

92. Did you arouse jealousy, suspicion or bitterness?

93. Where were you at fault?

94. Do you believe that your sex is God -given and therefore good?

95. Do you feel it is ok to ask God for help in all sexual matters?

96. What do you tell yourself when you experience "performance anxiety"?

97. How do you react to "relationship problems": blaming your partner, resentments, doubt, mistrust, dishonesty, communication problems, looking like a "10" all the time, "people pleasing", changing your priorities, or taking full responsibility for your own sex life?

98. What are you doing about your "sexual guilt" stuff?

99. How do you react to the following?

Lack of sexual desire
Sexual boredom
Another lover
Confused sexual orientation

100. Write out your new plan of action and/or inaction.

NOW GO BACK OVER YOUR LIST. SPEND A LITTLE MORE TIME ON THE QUESTIONS THAT CAUSED YOU TO HAVE STRONG FEELINGS OR REACTIONS.