

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.

Subject each relationship to this test:

A. Is it selfish or not?

1. Am I an equal partner in the relationship?
2. Am I only concerned with my own needs, wants, and desires?

B. Am I using this relationship to satisfy my other primal 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, or 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 to my partner about the opposite sex (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 withholding physical intimacy?

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)

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

Unselfishness: Be 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 without kindness is hurtful).

Thoughtfulness: Seek ways to be thoughtful of my partner's needs rather than my own.

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

Consideration: Consider my partner's needs, wants, desires, and feelings.

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The next section is explicit instructions from The Big Book

Sex Ideal (69:2 – 70:2)

The Sex Ideal – formed between you and God

The Sex Ideal Instructions:

1. (69:2) We subjected each [Sex] relation to this test – Was it selfish or not?
2. (69:2) We asked God to mold our Ideals.
3. (69:2) We asked God to help us live up to them [Ideals].
4. (69:2) We remembered always that our Sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed.
5. (69:3) We must be willing to grow toward our Ideal.
6. (69:3) We must be willing to make amends where we have done harm.
7. (69:3) We ask God what to do about each specific matter.
8. (70:0) We let God be the final judge of our Sex Ideal.
9. (70:0) We realize that some people are as fanatical as others are loose.
10. (70:0) We avoid hysterical thinking or advice.
11. (70:2) We pray for the right Ideal.
12. (70:2) We pray for guidance in each questionable situation,
13. (70:2) We pray for Sanity.
14. (70:2) We pray for strength to do the right thing.
15. (70:2) If sex is very troublesome, we throw ourselves the harder into helping others and we think of their needs and work for them.