REVIEW OF SEX CONDUCT

Who did I harm? **What did I do?** **Affects my:** **My Part in this: Sex Conduct**

#1 Who did I harm?	#2 What did I do?	#3 Affects My:									#4 My Part in This						
NOTE: You can use a broader definition of HARM to include - The negative IMPACT, NEGLECT, MISTREATMENT etc. of my conduct. Focus on who was affect by your conduct, not only your spouse - but also all those who you couldn't face because of your guilt and shame. All those People and Institutions WHO YOU LET DOWN with your conduct, your time "wasted" or your inability to be "engaged" with them. Do NOT dismiss an entry because you think "they don't know."	Be specific about What did I do. Include not only the "inappropriate conduct" but also the actions that "let people or institutions down." Do not think that just because they didn't see you do this conduct that you didn't affect them. Add all the times your actions brought distance, separation or lack of engagement with them. Please list multiple events for the person, institution, situation in Column One. THIS IS AN INVENTORY! RECORD AS MANY SEX CONDUCTS AS YOU CAN!	Pride - Who I am or Want to be	Relationships - Ability to be around others	Material Security - Loss of focus, insecure, or ability to advance.	Emotional Security - Loss of confidence, self esteem, clarity	Healthy Sex - Not focused on or attractive to spouse.	Unhealthy Sex, escape by acting out, seeking outside connection.	Social Ambitions - avoid others, going into my shell, not pleasant to be around			Selfishness - Not getting what I want	Dishonesty - Don't see the Whole picture	Self-Seeking - Want to be center of attention	Need to Control,	Scared of Loss,	Inconsiderate - Don't care about others	

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