

PERSONAL RELATIONSHIP INVENTORY WORKSHEET

Adapted from the Big Book Awakening 12 Step workbook book
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After doing all of our romantic inventories in the 4th Step Sex Inventory- some find it helpful to write more inventory on other relationships. Parents, employment, God, children, friends, fellowship member, coparent, etc

"God please help me see the Truth about my conduct in relationships"

Name: _____ What is the Relationship: _____

Write a brief history of the relationship:

My motives for getting involved were...

My specific conduct in the relationship has been...

The major points that came up in the relationship are...

How it ended... or how it is now...

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"God please help me see the Truth about my conduct in relationships"

Name: _____ What is the Relationship: _____

Look at each relationship and answer these nine questions (ref p.69-¶1)

1) Where had I been selfish?

2) Where had I been dishonest?

3) Where had I been inconsiderate?

4) Whom did I hurt? (Look around the relationship)

5) Did I arouse jealousy?

6) Did I arouse suspicion?

7) Did I arouse bitterness?

8) Where was I at fault?

9) What should I have done instead? (*In the relationship. Don't write "not gotten involved in the first place."*) *Make sure you are especially explicit with Question #9 You will refer back to this for writing the Sex Ideal.*

Harm: Write any specific harm that comes to you while writing.
