



Seven Steps to Sexual Peace

Step 2 Inventory Worksheet

“You shall know the truth, and the truth shall make you free.” John 8:32

Use this free worksheet as an aid to facing your own responsibility for what has happened in your life. Remember that we are not here to cast blame. Be not afraid! Even if the vast, vast majority of what happened to you was someone else’s fault, you can find peace from the process of doing a personal inventory.

As you go through this inventory, you will see that we have tried to cover the full range of situations. They may not all apply to you.

- Did you allow yourself to be deceived?
- Did you do things that were harmful to yourself or others?
- Have you lived a chaste life, but been uncharitable to others who may be involved in sexual sin?

Take the time to consider each question. Do not be concerned if some of the questions do not apply to you. You may recognize someone else you care about. Considering the questions that apply to them may help you understand them.

Use these questions as an inventory.

Self-deception:

The Sexual Revolution is based on lies. However, we recognize that we may have participated willingly in those lies, through our own process of self-deception. We remind ourselves that self-deception is still deception, as we go through this inventory.

- What actions or decisions did I make that seemed like a good idea at the time, but which ended badly?
- In what ways did I deceive myself?
- In what ways did I rationalize or excuse myself?
- What harm did I experience from my actions?
- What benefit did I experience from actions that I knew to be wrong?
- How did I rationalize those actions from which I obtained some benefit?
- How were other people harmed by my actions?
- Did other people advise me to not do what I did?
- Have other people expressed pain over my actions?
- Was I rude or unkind to people who expressed doubts or pain over my actions?
- In what ways did I ignore or minimize the harms my actions caused to others?

Sexual Misconduct

We all know that lying is wrong, and most of us would feel ok calling it a sin. But when the subject is sex, we have a flood of mixed feelings. We may know that we have brought harm to ourselves and others. Yet, we may still find it difficult to call our actions “sins.”

So let us sidestep that whole theological/moral issue for now. For now, let us take the first steps toward truth-telling and answer these questions:

- Begin by considering your own experience. Based on your experience and observation, what sexual actions have brought harm to yourself or to others?
- Here is a list of sexual acts that Ancient Christian Teachings have always held to be wrong. Many other religious traditions also hold some or all of these acts to be wrong.
 - Masturbation
 - Pornography
 - Sex with someone married to someone else (adultery)
 - Sex with someone I am not married to (fornication, or adultery if the other person is married)
 - The deliberate and artificial separation of the sexual act from procreation (contraception)
 - Living in a conjugal relationship with a person you are not married to (cohabitation)
 - Engaging in same sex sexual acts
- Did you participate in any of these acts?
- Do you regret them now?
- Would you be willing to consider any of the other actions as wrong or harmful?
- Based on your experience with some of the items on this list, would you be willing to reconsider the overall credibility of the Ancient Christian Teachings?

Sins Against Charity

We sometimes become self-righteous or judgmental of other people’s behavior, when we are assured that we are on the right path. Or we overlook or indulge other people’s misbehavior, out of a wish to avoid conflict. Sometimes we refrain from judging other people, not out of charity toward them, but in the hopes that they will indulge us in the same way.

We recognize that a lack of charity can be a stumbling block to others. We may be uncharitable either by being excessively harsh, or by being excessively indulgent.

In our inventory about Sins Against Charity, let this be the one over-riding question:

Have I drawn people closer to Jesus through my words, deeds and attitudes, or have I pushed people further away from Jesus? Have I neglected to do things I ought to have done or could easily have done, which would draw people closer to Jesus?

This is our touchstone.

Members of the [Ruth Refuge](#) are sharing this kind of information with each other. These forums are private and for members only. You can feel safe sharing some of your feelings there. Some people choose to share their stories on the public [Tell Ruth the Truth](#) blog.

Do you feel peace, as you tell the truth to yourself about your own actions?

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