

# SEX INVENTORY CHECKLIST

## **SELFISH**

- Using him/her to meet my needs for sex, attention, approval, mothering, or fathering
- Not seeing him/her needs or problems
- Wanting to look good or be liked
- Taking out my emotions on him/her (anger, sadness, etc.)
- Wanting to control him/her
- Wanting special treatment
- Wanting him/her to take care of me
- Wanting more than my share
- Not trying to be a friend

## **DISHONEST (to me or others)**

- Leading someone on—saying I care for him/her more than I do because I want sex
- Not admitting my sexual orientation
- Thinking I'm better (grandiosity)
- Being perfectionistic
- Not being clear about my motive (wanting fathering, mothering, approval, approval, or sex)
- Wanting to vent my emotions on or control him/her
- Cheating on him/her

## **INCONSIDERATE**

- to her, him, family, friends, coworkers, etc.
- Putting others or myself at risk of disease, legal involvement, and embarrassment
- **How I was inconsiderate?**

## **JEALOUSY:**

- Of her, him, family, friends, coworkers, etc.
- How did I cause jealousy (tricking, flirting, also see Suspicion, below)?

## **SUSPICION:**

- Of her, him, family, friends, coworkers, etc.
- How did I cause suspicion (lying, flirting, tricking, coming home late, etc.)?

## **BITTERNESS:**

About her, him, family, friends, coworkers, etc. About me (guilt, shame)  
How did I cause bitterness?

## **WHAT SHOULD I HAVE DONE INSTEAD?**

- Not used the person
- Respected him/her
- Tried to be a friend
- Been candid and open
- Cared about him/her
- Treated him/her as I would have wanted to be treated