

Sex and Finance Journal

Getting to the root of our addictions, compulsions, and unhealthy attachments requires digging into all areas of our lives where our pursuits have gone astray or our responsibilities abandoned. Healthy integration of our sexual lives is an important part of the recovery process. We must also recognize where we've been unfaithful in our financial conduct. Allow the following questions to prompt personal reflection, and write out your responses in the space provided or on a separate sheet:

How has my pursuit of sexual relations damaged others, put others in harm's way, or destroyed my sense of self?

Who would be hurt if they knew of any sexual behavior I do in secret?

How have others and I been impacted by my unhealthy pursuit of sexual pleasure? How did I react when confronted?

Have I demanded sexual arousal from others?

Have I been honest with my spouse regarding my financial behavior?

Have I stolen from others or been paid for work that I have not honestly completed?

Have I borrowed money recklessly without considering the impact of not paying the money back?

Do I live above my means, borrowing money or going into debt to support an unreasonable lifestyle?

Which of the seven deadly sins have contributed to my financial instability? Explain.

When have I been dishonest about my financial behavior?
