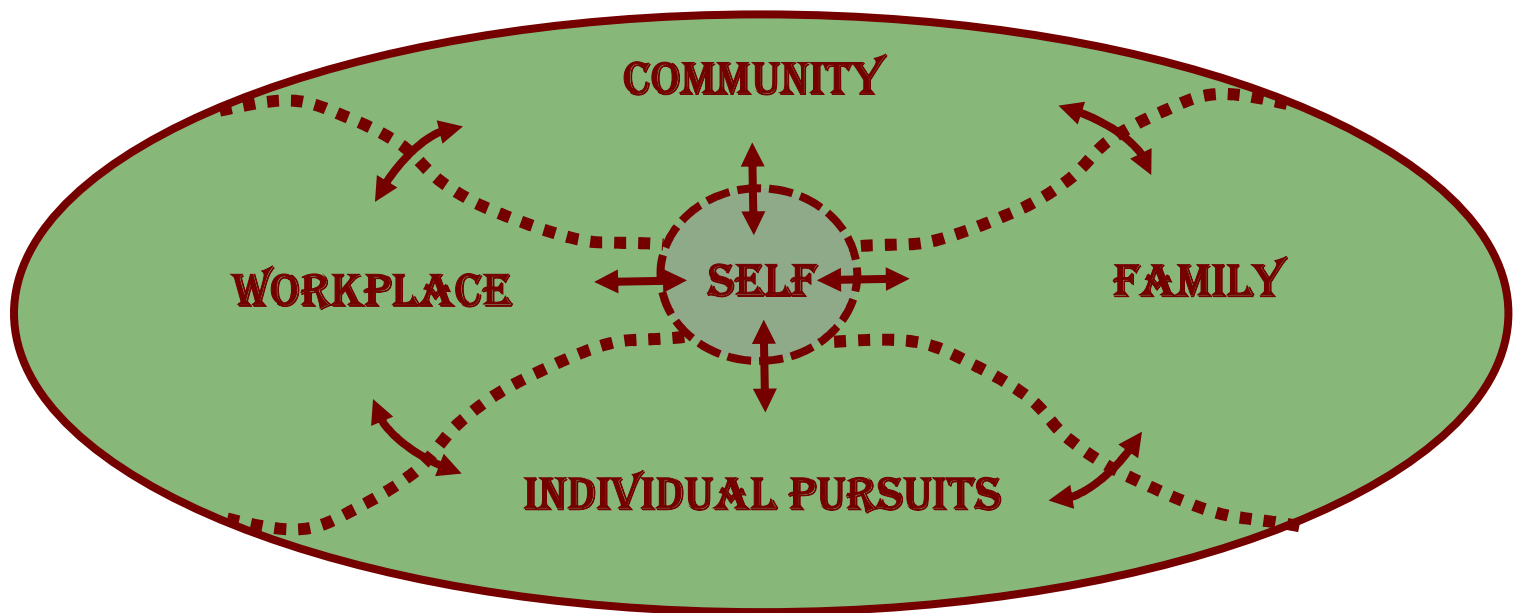


UNMANAGEABILITY INVENTORY: THE IMPACT ON MY LIFE

The entire self is taken into every arena of life: family, friendship circles, work, and individual pursuits. In the same way that each area of the self influences all the other areas, what happens in our family impacts our friendship circles, our work and work relationships, and our individual pursuits. When we are troubled by something in our family, it reduces our capacity to be fully present and productive at work, and it impacts the interactions with friends. As well, it often reduces our enthusiasm for pursuing hobbies and activities. Conversely, when we accomplish something exciting in our workplace, we bring that positive energy back to our family and social lives.



Taking an inventory of the cost of your infidelity to your family, friends, colleagues, career, and the activities you used to engage in for pleasure can be distressing. When you are acting out, nothing is on your mind but getting your next fix. You gave no thought to what it would do to your partner, children, parents, siblings, friends, workplace relationships, your career or hobbies, sports, and things you did just for fun. Now is the time to find the courage to look at what your acting out has cost you.

UNMANAGEABILITY INVENTORY PART II	
FAMILY	What important family events and activities have I missed?
	To whom did I lie about not being able to connect to free up time to act out?
	With whom have I lost contact?
	Who has passed away that I never spent time with because sex consumed my time?
	What tasks and responsibilities have I neglected to free up time for sexual thoughts and activities?
Friends	What important social events and activities have I missed?
	To whom did I lie about not being able to connect to free up time to act out?
	With whom have I lost contact?
	Who has passed away that I never spent time with because sex consumed my time?
Work	How has the time I have devoted to sex impacted my performance (quantity and quality)?

	How has the time I devote to sex impacted my income and promotions?
	Who at work has raised concerns about my productivity?
	Who at work has discovered my sexual addiction?
	What consequences have I faced because my sexual activity at work and on the workplace Internet or electronic equipment?
Individual Hobbies & Activities	What hobbies, sports, and activities that I used to enjoy have I stopped participating in to free up time for sex?

UNMANAGEABILITY INVENTORY: SUMMING UP		
AREA OF LIFE		IMPACT
SELF	SPIRIT	
	THOUGHTS	
	FEELINGS	
	BEHAVIOURS	
FAMILY	PARTNER	
	CHILDREN	
	PARENTS/ SIBLINGS	
	IN-LAWS	
	EXTENDED FAMILY	
COMMUNITY	FRIENDS	
	NEIGHBOURS	
	CLUBS	
	CHURCH	
WORK/SCHOOL	SUPERVISORS	

	COLLEAGUES	
	CLIENTS	
	PRODUCTIVITY	
	INCOME	
INDIVIDUAL PURSUITS	HOBBIES	
	RECREATION	
	VACATIONS	
OTHER		