

WESTBORO BIG BOOK STUDY TAPE GROUP

All Saints Anglican Church

Saturday Morning 9:00 a.m.

347 Richmond Road (near Churchill)

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Step 4

(Tape 6 - 00:44:01.1)

J & C OK. Bottom of page 68.

Big Book p. 68, par. 4 *"Now about sex."*

J & C We're getting ready now to look at the storeroom back here that's filled with guilt and remorse and it seems as though we human beings hurt each other in the sexual area probably faster and easier than we do in any other way. And I think there's a reason for that. You know the other animals here on earth, they have a sexual urge just like we do so that they can and will reproduce themselves. But the difference between their sex life and ours is simply that they don't have this thing called self-will. Most of the other animals here on earth, they don't really have any choice in their sex life. When it comes time for them to reproduce themselves, God usually signifies that by some physical change in the female of the species. The male senses that change, prepares himself, the two join together and it's kind of like bang, bang thank you ma'am. And when it's over with they normally go their separate ways. Not always, but usually they do. Now they didn't think about having sex before they had it. And they didn't think about having sex while they were having it. They couldn't decide when they were going to do it. God made that decision for them. They usually can't decide who they're going to do it with. They can't decide whether they're going to do it with one or more partners. They can't decide how many times they're going to do it. And they can't even decide what position they're going to do it in. So therefore you see very few sexual problems amongst the other animals here on earth. I've never seen a cow on a psychiatrist's couch yet talking about sexual dysfunction. They just don't have those kinds of problems.

We human beings are a little bit different. You see God gives us this thing called self-will. And we can make choices about our sex lives. We can have sex any day of the year that we wish to. We can decide who we are going to have sex with. We can decide whether we're going to have it with one or more partners. We can decide how many times we're going to do it providing we're physically capable of doing so. We can even decide what position we're going to do it in. They tell me there is something like 64 different positions a human being can have sex in. I have no idea what they are. []. And 2 of those damn near killed me. I'm not sure I'm going back to them. So what we are going to look at for just a few minutes this morning is not so much as to how we do sex but as to how we think about sex. Cause how we think about it determines how we're going to do it. And that determines whether we are going to hurt other people or not. And that determines whether we're going to have to be eaten up with fear, guilt and remorse associated with our sex lives. So we are going to look at just a few minutes about how we think about sex.

Big Book p. 68, par. 4 cont. *"Many of us needed an overhauling there. "*

J & C Now you older fellows don't get your hopes up. We're talking about mental not physical.

Big Book p. 68, par. 4 cont. *"But above all, we tried to be sensible on this question. It's so easy to get way off the track. Here we find human opinions running to extremes -- absurd extremes, perhaps. One set of voices cry that sex is a lust of our lower nature, a base necessity of procreation."*

J & C I've heard them all my life. They're the ones that say sex is a dirty thing. You ought to do it one time in one position with one person only. The only reason to do it is to reproduce yourself. And if you enjoy it it's a sinful thing. I've heard them as far back as I can remember. They are to the extremes on one side.

Big Book p. 69 *"Then we have the voices who cry for sex and more sex; who bewail the institution of marriage; who think that most of the troubles of the race are traceable to sex causes. They think we do not have enough of it, or that it isn't the right kind. They see its significance everywhere. "*

J & C Then you hear them today. They're the ones who say that you ought to be able to have sex anytime you want to, anywhere you want to with anybody you want to as many times as you want to. You ought to be able to enjoy it every time and if you don't there must be something wrong with you. And maybe they call that the sexual revolution. Main thing I see wrong with it is it happened 25 years too late for me to participate in it. I know that.

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Big Book p. 69, cont. "One school would allow man no flavour for his fare and the other would have us all on a straight pepper diet. We want to stay out of this controversy. We do not want to be the arbiter of anyone's sex conduct. We all have sex problems. We'd hardly be human if we didn't. What can we do about them?"

J & C And I read that last statement with great relief. Because I knew that this book was getting ready to condemn me for what I had been in the past. I knew it was getting ready to tell me what I was going to have to do in the future. And I'd already made up my mind that I wasn't going to pay any attention to it at all. And I was relieved to find out that we are not going to be the arbiter of anyone's sex conduct. We simply are not going to get into that question. Now this book is meant to be helpful to anybody, anywhere. And we start trying to tell people how they are going to have to conduct their sex lives. We start condemning them for what they've done in the past and surely, surely we're going to alienate people. Besides that, what's sexually acceptable in one part of the world may not be acceptable at all in another part of the world. So we simply are not going to get into that question. What we are going to see is a simple little way to review our own past sex conduct. See what we've been doing with it. See if perhaps we've been using it for the wrong purposes in some cases. Look at those people we've hurt by it. Then try to shape a sex life of the future where we can still engage in it and enjoy it yet at the same time not hurt other people. And if we don't do something about it we continue to hurt other people and feel the fear, guilt and remorse. Sooner or later it will block us off from God and we end up getting drunk over it. Very simple process. Joe.

Certainly I'm not going to be the arbiter of anyone's sex conduct and I needed an overhauling in that area when I arrived at Alcoholics Anonymous. And again we're going to look at the ideas, emotions and attitudes behind these sexual conducts that I had. And I look back in my life and when I was about 12 or 13 years old I got to thinking about this a lot, I mean a lot. Almost gave me brain damage from thinking about it. So I went to my Mom and I said "Mom"...cause of course my Dads in the nut house. I can't be talking to him. So I went to my Mom and I said "Mom, I've been thinking about this sex thing". And she said "Oh my God Benny Joe". Scared her to death. That's my name, Benny Joe. "Oh my God Benny Joe. That's not a good thing to be thinking about. In fact it's a dirty filthy rotten thing to be thinking about." She said. "And you ought to save it for the one you love." Think about that. And she said the only time you are supposed to have sex is when you want to have children. Well let's see she had five children, she had sex five times I figured. Well no wonder my Dad was in the nut house. But somehow I just didn't believe what she was telling me. And we had sex education when I went to school too, but they called it recess. And also in West Tulsa, Oklahoma there was a place called The Jenkins Café and every day and every evening in front of The Jenkins Café there was a gathering of very wise intelligent, experienced men and women of about 15 and 16 years old. And they were more than glad to share with you all they knew about sex. And some of those guys told me that they were having sex with 2 or 3 different partners a night they said. Sometimes they were having sex as many as 10 times a night they said. And you know the fallacy of all that is I tried to live up to that because that's what I thought. I never could but I tried. And I was sober 2 or 3 years in Alcoholics Anonymous before I figured out they were lying to me. At least I hope they were lying. You'd better hope they were lying to you. So certainly I needed an overhauling there. When I got here I had the spiritual knowledge of a 7 or 8 year old boy. I had the coping skills of an 8 or 9 year old boy. And I had the sexual knowledge of a 12 or 13 year old boy. Do you think I needed overhauling in all those areas? How many of you got your sex information pretty much the way I did? I needed to sit down and look at this didn't I? You know I remember the very first time I ever had sex. I was very selfish and self-centred and dishonest and self-seeking. And I was also alone. That's why he's wearing glasses today too. Every time we say that, 2 or 3 of you guys whip your glasses off and put them in your pocket. And gals.

OK let's look at the next paragraph now very carefully. We're going to see here the same set of instructions that we used, to look at sex, that we had for resentments. Only difference here is that they are worded a little differently. Which is Bill's way of doing things.

Big Book p. 69, par. 1 "We reviewed our own conduct over the years past. Where had we been selfish, dishonest, or inconsiderate? Whom had we hurt? Did we unjustifiably arouse jealousy, suspicion or bitterness? Where were we at fault, what should we have done instead? We got this all down on paper and looked at it."

J & C So once again we made up a little sheet to avoid any confusion and it looks just about exactly like the resentment sheet except we call it a review of our own sex conduct. And in this little sheet a review of our own sex conduct we have the same 5 columns.

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Column 1 - who did I hurt?

Now I doubt that there is anybody in this room this morning that ever hurt anybody in the sexual area that we don't remember just exactly who that is. That seems to be a form of knowledge that we all have.

There might be some question as to what do we do to hurt people in a sexual area. Well certainly we hurt them in many different ways. For instance, if I'm in a married relationship and I go outside of that relationship and I have sex out there and my wife finds out about it. Then surely I've created a problem for her, if not physically then at least emotionally. If that sexual escapade creates a trouble between my wife and I, there are children in my home, and then I've hurt my children also by the same sexual escapade. If the lady I had sex with out there, if it becomes common knowledge, I've hurt her too. If she has a husband and children I've hurt them also. You know, one sex act could hurt many, many different people.

I think sometimes we hurt people in a sexual area by demanding more than our fair share. Maybe our partner isn't too keen about having sex every time we want to. Rather than consider their needs, wants and desires, we selfishly demand that they have sex with us when they really don't want to. Surely that creates a problem for them, if not physically at least emotionally.

I think sometimes we hurt people in a sexual area by demanding that they do things with us physically sexually that they really don't want to do. And once again rather than consider their needs and wants we selfishly demand those things. Surely we create a problem for them, if not physically at least emotionally.

I think sometimes we hurt people in a sexual area just by withholding sex. Maybe we're not too keen to have sex every time our partner wants to and rather than consider their needs and wants we selfishly withhold when perhaps we should give in a little more often. I think we hurt many people in many different ways and we pretty well know what they are.

Column 1 – we list their names.

Column 2 – what did I do to hurt them?

Column 3 – what part of self is affected?

Now you would think that if I hurt anybody in a sexual area that it would be caused by the sex instinct. And probably part of the time that's true. Sometimes in order to get the physical the emotional gratification that comes at the moment of successful completion of the sex act, maybe I'm doing the wrong thing at the wrong time with the wrong person because of the sex instinct. But I think if we will carefully review each situation we're going to find that usually the other 2 instincts are involved just as much as sex and in many cases even more so and sometimes sex really doesn't have a hell of a lot to do with it.

Now I'm going to express an opinion. And I want to make sure that everybody understands that this is my opinion. It's not AA's opinion, not Joe's, not anybody else's, just mine. Today I am convinced that God gave us the sex urge so that we could reproduce ourselves. I'm also convinced he made it a very enjoyable thing so we would do so. I don't think you and I would do the kind of work involved in sex if we didn't get something out of it. Now if we're doing sex for purposes other than reproduction or enjoyment then we might be doing sex for purposes other than what God intended.

For instance, we boys found that at a very early age that you can use sex to build your self-esteem. After all, the more members of the opposite sex you could attract to yourself the greater man you really are, we thought. Now we boys, I don't know what you girls called it, but we boys called it John Wayne-ism. Joe said Jane Wayne. Some of you girls tell me that you used sex for the same purposes. Now if that's what we're using sex for that has nothing to do with reproduction. Really has nothing to do with enjoyment. That's to fulfil a part of the social instinct and sex really doesn't have a hell of a lot to do with it.

Sometimes we use sex to buy a personal relationship. Maybe we're just lonesome. Maybe we just want somebody to pay attention to us. And we found out a long time ago we can give sex and buy back a personal relationship. Now that's not to reproduce, that's not to enjoy. That's also to fulfil a part of the social instinct.

Sometimes we use sex to buy material security. Maybe we're in a sexual situation we really would rather not even be in but we've become so overly dependent upon another human being for our material well being that we give sex to buy back material wellbeing. Has nothing to do with reproduction or enjoyment. That's to fulfil the security instinct.

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Sometimes we use sex to get even with another human being. Maybe were in a relationship and our partner has gone out and done something they shouldn't have done and it infuriates the hell out of us we say we'll show them and we'll go out and we'll do exactly the same thing. Fallacy in it is that after we've done it we can't afford to tell them we did it. But certainly we didn't use sex there to reproduce nor to enjoy. We used it to get even with another human being. Sex really doesn't have a hell of a lot to do with that.

You know sometimes we use sex to force our will on another human being. Maybe our partner isn't doing what we think they ought to do and we say we'll show them. We'll just cut them off at the pass. We won't let them have any sex until they come around to our way of thinking. Now we boys aren't too good at that. We only last 2 days at the most. You girls have honed it to perfection. You know exactly how to do that. And I don't blame you I would use it to for that. That has nothing to do with reproduction or enjoyment. That's to force our will on another human being.

I was absolutely amazed as I filled out that third column to see what I had actually been using sex for. Two things happened to me almost automatically. As I filled out the third column, a lot of my guilt began to disappear. I thought I was just a dirty rotten no good SOB. But I found out that I used sex for purposes other than what God intended. Not because I'm a bad human being, but because I'm a sick human being in those areas. And I needed that sex to build the personal relationships and etc. And when I saw that a lot of guilt began to disappear. Tell you another thing that started to happen to me in column 3. I begin to get a handle on this sex thing. You see I always thought I was over sexed and that caused me to do those things. But in column 3 I found out hell I'm not over sexed I'm under secure. And I used sex to build my security and to build my self-esteem. And when I saw what I was doing with sex it began to look pretty stupid to do those things. And a lot of that desire to go did at the wrong time at the wrong place with the wrong people began to disappear and I started to get a handle on the sex thing right here in the third column. I think it's one of the greatest things that we can do for ourselves. Especially we men. We tend to use sex to build self-esteem. And sex doesn't really have anything to do with it. We tend to use it to build our self-esteem. And when I saw that was what I was doing with it then the desire to go do it became less and less.

(Tape 6 - 01:02:40.0)

18 minutes