Things to Consider When Doing a Sexual Harms Inventory

* How did I harm someone in a sexual way?
	+ Did I use sex to satisfy other instincts in life?
		- For example: to satisfy my security instinct or social instinct (because I’m lonely).
	+ Did I use sex to manipulate another person?
	+ Did I withhold sex to manipulate another person?
	+ Did I make someone do something sexually that they did not want to do?
* Do I need to be more giving and loving in sexual situations?
* Do I use sex for other than what I believe it is intended?
* Does my sexual conduct match my beliefs (ideals)?