

# Task 1

## Sexual interest in children - self-help programme

### How did I first become sexually interested in children?

The next task traces back to when your sexual interest in children first began, or when you first recognized this interest. Think about the questions below, you might want to also write down your answers, or copy the chart below on a sheet of paper and write your answers there.

1. Cast your mind back to the earliest date you can remember, when you realized you were sexually attracted to children. How old were you, what were the circumstances, who else was there? For example: *"I was 15, it was summer and me and my mates were on the beach, I was watching the swimming children."*
2. What were your sexual thoughts like in that situation? For example: *"A child of about 9 years old caught my eye. The child looked sexy in the bathing suit."*
3. What kinds of emotions or bodily sensations did the situation evoke? For example: *"I noticed I was sexually aroused by watching the children."*
4. How did you feel after the situation, and what kinds of thoughts were involved? For example: *"First I felt bad and guilty, one should not feel like this. However, seeing the child turned me on a lot and it felt good."*
5. Did you share these thoughts with anyone? What was the response like? If you did not, what made you decide not to?

