

Task 2

Sexual interest in children - self-help programme

The emergence of child-related mental images

Task 2 focuses on the situations that function as triggers for you: What kinds of situations trigger child-related mental images and thoughts, and how often (daily, weekly, monthly) these thoughts arise. Further, the task focuses on what the contents of the sexual thoughts are like, and how these thoughts affect the way you feel (emotions, bodily sensations). Finally, the task focuses on how disturbing or positive you perceive these thoughts and feelings.

The focus of the task is to think about only child-related sexual thoughts and emotions and sensations they evoke. Child-related sexual acts (e.g. watching images of children online) will be dealt with later as a separate section.

Think about your responses. You can also write down your answers following the table below. You can for instance keep a diary for a week to observe the situations and things work as triggers for your child-related sexual thinking.

SITUATION (I.E. THE TRIGGER) IN WHICH YOU HAD CHILD-RELATED SEXUAL THOUGHTS

Date and time

Monday afternoon, 5th of November. I was by the swimming pool and I was watching the swimming children. I had just finished school and I did not feel like going home. I felt bored and all my mates were elsewhere. I like swimming and going to the pool.

WHAT WERE THE CHILD-RELATED SEXUAL THOUGHTS LIKE?

I thought the children looked happy and that a child's body looks so pretty and pure. It turned me on, and I thought if I should be feeling like this.

WHAT KIND OF FEELINGS OR BODILY SENSATIONS DID YOU EXPERIENCE IN THE SITUATION?

Monday the 5th of November. I felt happy watching the children. Watching their bodies also turned me on but I did not get an erection. Earlier that day I had been bored but I wasn't anymore.

WERE THE FEELINGS AND BODILY SENSATIONS NEGATIVE OR POSITIVE FOR YOU?

Feeling happy was positive. The arousal first felt unpleasant but it was more a positive feeling. What made it unpleasant was that I wondered if I should feel this way.

HOW WOULD YOU RATE THE STRENGTH OF THE FEELINGS AND SENSATIONS? (0 = NOT STRONG AT ALL, 10 = VERY STRONG)

The feeling of being happy was 9. The arousal 5.

HOW DISTURBING AND/OR COMPELLING DID YOU PERCEIVE THE FEELINGS AND SENSATIONS?

The feeling of being happy was not disturbing at all so 0. The feeling of arousal felt disturbing at first but not that much so 4.