

# Task 3

## Sexual interest in children - self-help programme

### My child-related sexual activity

This task focuses on child-related sexual activity. Such activity consists for instance of searching and watching material that sexualizes a child or depicts child sexual abuse. Also, engaging in suggestive conversations with children online can be such activity. It is important to recognize that you are sexually interested in children. It is important because behaviour such as watching on the Internet suggestive footage of children that demonstrates child sexual abuse is difficult to stop, if you do not change the thoughts that justify watching (e.g. "I only watch some pictures" versus "this child is being abused against their will").

Reflect on the answers. It is a good idea to write down the answers, following the table below. Try and keep a diary for example for a week to observe your child-related activity and the connected thinking, emotions and bodily sensations. This may help you get a better understanding of what positive the child-related activity gives you, and what possibilities or obstacles there might be for you to act differently. Moreover, you will get a better idea of how much of your time this activity consumes in your daily life and your mind.

**A SITUATION IN WHICH YOU ENGAGED IN CHILD-RELATED SEXUAL ACTIVITY**

Where were you, who else was there, what did you do?

What was the nature of child-related activity that you engaged in?

What had happened before engaging in such activity?

What did you think in the situation?

How did you feel in the situation?

What bodily sensations did you have in the situation?

*Monday evening, the November. I was in my room at home and I went online. It had been a boring day and I needed something to energize me. I wasn't tired yet. I was stressed about tomorrow, I had important stuff to think about. I didnt feel like thinking about that stuff. I browsed the net and suddenly I wound up on a site that depicted scantily clad children. I noticed I got engrossed in watching the images. It felt vice and a little arousing, too. Later, at night I realized I was searching for proper "child pornographical" images and it felt very arousing and exciting because it was so different from what I had been used to.*

**What were the thoughts you used to give yourself permission to continue this child-related sexual activity?**

*"I'm just watching images, it won't hurt anyone, I'm not sexually abusing children.*

*"Watching the images makes me feel good, I had a tough day and watching the images relaxes me, what's the harm?"*

**What is the positive you get out of child-related sexual activity?**

*I get sexual gratification, and watching the images takes my mind off things, and it relaxes me.*

**What makes you continue and what are the thoughts with which you give yourself permission to continue the activity?**

*I watch images; I don't think I'm hurting anyone. I'm under a lot of stress and I need an outlet. It's become a habit.*