

# Task 5

## Sexual interest in children - self-help programme

### Observing my activity that sexualizes a child

1. What observations can you make of the situations/things and your mood that most often lead to engaging in activity that sexualizes a child?  
(For example: *"Whenever I'm stressed out or I've had a bad day, I go online and watch some footage. Maybe I also masturbate. It soothes me."*)
2. What observations can you make of the situations/things and your mood that most often lead to engaging in activity that sexualizes a child?  
(For example: *"I often catch myself thinking there's nothing wrong with watching images, all I do is watch images."*)
3. What observations can you make of the positive that the activity that sexualizes a child gives you?  
(For example: *"I feel good, I get sexual gratification, I'll be feeling better or happy"*)
4. Has your activity ever caused you concern? How concerned have you been? (0 = not concerned at all, 10 = very concerned)
5. What contributes to this concern over your activity?
6. Why are you not concerned about your activity?
7. Have you ever tried to stop engaging in the activity that sexualizes a child (e.g. watching images)? Make a list of three reasons to stop.
8. If you have tried to stop, how would you rate your success (0 = failed completely, 10 = succeeded). What contributed to the success or failure?
9. If you have not tried to stop the activity that sexualizes a child, make a list of three reasons why.
10. What would it take for you to stop the activity that sexualizes a child? What kind of possibilities and obstacles are there? What kind of help and support would you need?  
(For example: *"I feel I can't stop this on my own, I don't know if I want to stop. I can't talk about it to anyone; I fear something negative would happen to me. Nobody knows about this and I feel terrible hiding it. I become more stressed, and as a result I watch more footage. It would be good if I could talk about this with someone."*)