

Task 6

Sexual interest in children - self-help programme

The effects of the activity that sexualizes a child on my own life

Reflect on the issue with the help of the chart below. You may write down in each box a description of how your interest and activity have affected you and your life.

- Then, rate the effect on the scale of 0-100 (0 = no effect, 100 = significant effect). You could ponder on for instance what you have and have not been able to do because of your activity.
- Also, evaluate if the change has been a positive or a negative one, and provide explanations.
- Evaluate, whether your interest and activity increases or decreases your well-being in different dimensions of life.
- Reflect on how you would like things to be in different areas of your life (wishes and goals) and what would it take for you to reach your goals.

