

Task 7

Sexual interest in children - self-help programme

Drawbacks and benefits

Reflect on the issue with the help of the chart below. It might be a good idea to write down your thoughts on a sheet of paper or onto the chart directly.

Benefits refer to all the positive things that your interest and the related activity have given you and your life. Drawbacks refer to all the aspects that you consider having had a negative effect on your life. Short-term refers to immediately during the activity or maximum a few months after the activity. Long-term refers to a period of time ranging from two months to years.

Once you have reflected on this, examine the balance between the benefits and the drawbacks. Which outnumbers the other? How do you feel your life will be in a year, five years or in ten years if you do not change the activity that sexualizes a child?

