



Exercise: My child-related sexual activity

Objective

You will have a better understanding of what your sexual actions related to children are like. You will discover what kind of explanations and justifications you have used to give yourself permission to act.

Instructions

This exercise examines sexual activity related to children. Examples of such activity include

- searching online for material that sexualises children or depicts child sexual abuse
- viewing such material
- sexually suggestive online conversations with children

It is important to identify your own actions and the related thought processes. It is difficult to stop your own actions without changing the thoughts for justifying them. An example of a justifying thought is: "I'm just looking at pictures." A more truthful version of this is: "This is abuse of a child against their will."

Think about the answers to the questions in your mind, or type the answers in the boxes below.

You can also, for example, keep a journal for a week and observe your sexual activity related to children and your thoughts, emotions and bodily sensations related to it. You can also use these questions to help you with the journal.

The exercise also helps you get a better idea of how much time this activity takes up in your daily life and in your mind.

Situation

Describe a situation in which you engaged in sexual activity related to children. Start by writing down the day of the week and the date.

- Where were you? Who was present? What did you do?
- What kind of sexual activity related to children did you engage in?
- What happened before you started the child-related sexual activity?
- What were you thinking during the situation?
- How did you feel during the situation and what kind of bodily sensations did you have?

For example "Monday, 5 November, evening. I was at home in my room, and I went online. It had been a boring day, and I needed a pick-me-up. I wasn't tired yet. I was stressed about the following day. I had important things to think about. I didn't feel like thinking. I was browsing the internet, and suddenly I found myself on a site with pictures of scantily clad children. I noticed that I was interested in the pictures, and I immersed myself in looking at them. It felt nice and a little arousing, too. Later that night, I found myself searching for actual so-called child pornography pictures. It was so arousing and thrilling because it was so different from what I am used to. "



What thoughts did you use to give yourself permission to continue your child-related sexual activity?

For example "I'm just looking at pictures. Looking at pictures doesn't hurt anyone. I don't sexually abuse children, " or "I feel good looking at the pictures. It's been a tough day, and looking at pictures relaxes me. What could be wrong with this?"

What kind of positive things does child-related sexual activity provide you?

For example "I get sexual satisfaction. Looking at pictures takes my mind off everything else. It's relaxing.

What makes you continue these actions? What thoughts do you use to give yourself permission to continue?

For example "I'm just looking at pictures. I don't think I'm hurting anyone. I'm under a lot of stress, and I have to defuse it somehow. This has already become a habit."