



# Exercise: How did my sexual interest in children begin?

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## Objective

You will understand when your sexual interest in children started or when you have first recognised it.

## Instructions

Consider the questions below in your mind, or type the answers in the boxes below. You can also draw the figure below on paper and write your answer in it.

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### **1. Think back to the first time you noticed that you were sexually attracted to children.**

How old were you? What situation were you in? Who else was there?

For example "I was 15 years old. It was summer and I was at the beach with my friends. I looked at the children swimming in the water."

### **2. What were your sexual thoughts in that situation like?**

For example "I noticed a child of about 9 years old at the beach. The child looked sexy in their bathing suit."



**3. What emotions or bodily sensations did you have in the situation?**

For example "I found myself sexually aroused when watching the child."

**4. How did you feel and what emotions did you have afterwards? What kind of thoughts were involved?**

For example "At first I felt bad and guilty. I thought I shouldn't feel this way. However, thinking about the child turned me on a lot and felt good."

**5. Did you tell anyone about your thoughts? What was their reaction? If you didn't tell anyone, what made you not tell?**

For example "I didn't dare tell anyone about it."