



# Exercise: Observations about my actions that sexualise children

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## Objective

You will observe what your own actions are about and find ways to act differently.

## Instructions

Read the below questions. Think about the answers in your mind or write them down in the boxes below.

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### **1. What kinds of situations, things, or emotions most often lead to you acting in a way that sexualises children?**

For example "Whenever I'm stressed or have a bad day, I go online and look at pictures. I may also masturbate. It calms me down."

### **2. What observations can you make about what thoughts you most often use to give yourself permission to act in a way that sexualises children?**

For example "I often find myself thinking there's nothing wrong with looking at pictures because it's just looking at pictures."



**3. What observations can you make about the positive things that you get from acting in ways that sexualise children?**

For example "I feel good, sexually satisfied and happy."

**4. Have you ever been worried about your actions?**

How worried have you been?

0 = not at all worried

10 = very worried

**5. What makes you worried about your own actions?**

**6. Why are you not worried about your own actions?**



**7. Have you ever tried to stop your own actions that sexualise children?**

List three reasons for stopping.

**8. If you have tried to stop, how successful do you feel you have been?**

Which factors contributed to your success or failure?

0 = I failed completely

10 = I succeeded very well

**9. If you have not tried to stop your actions that sexualise children, list three reasons.**



**What would it take for you to stop acting in ways that sexualise children?**

- What kind of challenges and opportunities are there related to stopping?
- What kind of help and support do you feel you need?

For example “I feel like alone I can't stop my actions. I don't even know if I want to stop. I do not dare speak to anyone about the matter. I fear that talking would lead to negative outcomes for me. No one knows about my actions, and I feel bad about keeping them a secret. I get more stressed, and then I look at more pictures. It would be nice if I could talk to someone about this. ”