



Exercise: How mental images about children arise

Objective

You will understand what kind of situations act as triggers for sexual thoughts and images related to children. You will also get an idea of how often these thoughts arise for you and how they affect the way you feel.

Instructions

Think about the answers to the questions below in your mind, or type the answers in the provided boxes. You can also write the answers on paper.

If you like, you can also keep a journal for a week and observe in which situations sexual thoughts related to children arise for you and what triggers them. You can also use the questions below to help you with the journal.

Please note that this task only concerns sexual thoughts about children and related emotions and sensations. Actions will be examined later in another exercise.

1. Situation (triggering factor)

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

For example Monday, 5 November, afternoon. I was at the swimming pool, looking at the swimming children. I had came home from school and didn't feel like going home. I was bored, and all my friends were somewhere else. I love to swim, and enjoy going to the swimming pool in general.



2. Thoughts

What kind of sexual thoughts related to children did you have?

For example I thought the children looked so happy and the child's body looked so beautiful and pure. When I got aroused, I wondered if I could feel this way.

3. Emotions and bodily sensations

What kind of emotions or bodily sensations did you experience during the situation?

For example I felt happy when I looked at the children. Looking at the bodies also turned me on. The feeling of boredom I had earlier in the day was gone.

Did you experience your emotions and sensations as positive or negative?

For example The feeling of joy was positive. At first, arousal felt uncomfortable, but it was mostly a positive feeling. What made it unpleasant was the doubt as to whether it was permissible to feel that way.



How strong were the emotions and sensations?

0 = Not at all strong

10 = Very strong

For example The intensity of joy was 9. Arousal 5.

How disturbing or compelling were the emotions and sensations?

0 = Not at all disturbing

10 = Very disturbing

For example The feeling of joy was not disturbing at all, meaning 0. The excitement was disturbing at first, but not very much, so 4.