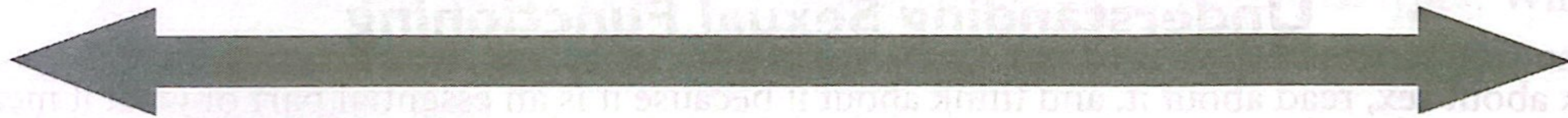


When you answer the next questions, you can roughly place yourself on the continuum below. If you are about equally attracted to adults and minors, you will fall in the middle of the line. If your attraction to adults is stronger than your attraction to minors, you will fall on the right side of the line. You might be most attracted to young adults (barely legal); if so, note that. Some men say they are sexually attracted to “anything that moves.” Think about your attractions to males and females (some people are attracted, for instance, to female adults and male minors).



A little

A lot

- How often do I fantasize about children or teens?
- How often do I notice their attractiveness?
- How much time and effort do I spend placing myself near them?
- How much do I sexually fantasize about adults?
- How often do I notice their attractiveness?
- How much effort do I put into being in relationships with adults?
- How often have I had sex with adults?
- Has it been arousing?
- Have I fantasized about a minor when I was with an adult to make it more arousing?

What If I Was Arrested for a Sex Crime with an Adult?

You can test the strength of your attractions by asking the same questions as above, only substituting “consenting partners” for “adults” and “non-consenting partners” for “children.”

- How much time do I spend fantasizing about forcible sex compared to consenting sex?
- How often have I had consenting sex?
- Has it been arousing?
- While having consensual sex, I sometimes fantasize that it was non-consensual to make it more arousing?
- When I use pornography do I look for violent, degrading materials or materials about consenting sex?

What If I've Never Physically Touched a Victim?

If your offenses have been primarily exhibitionistic, voyeuristic or online-related, you will ask yourself how much time you spend fantasizing and pursuing deviant activities versus pursuing normal, healthy, sexual relations.

- Have I had healthy sexual relations with appropriate adult partners?
- Has healthy sex been as arousing as flashing, peeping, or masturbating to pornography?
- Have I sometimes passed up opportunities for sex with an appropriate partner to pursue deviant sex?

We know how hard it is for you to be honest with yourself about these questions. But remember what we said at the beginning: a healthy lifestyle begins with accepting yourself fully. You need to be honest about who you are to begin with if you are going to take control of your life.

Don't ignore other deviant attractions you have just because you haven't been arrested for them. The time for hiding stuff and pretending is over. The exercises and tools described in Chapter 3 will help you understand self-regulation and manage your behavior.