

Exercise

Stage Two: Overcoming internal inhibitors

– how people can justify their offending in their own eyes in order to give themselves permission to offend.

Most people who commit sexual offences know that it is not socially acceptable, know that it is harmful, or will at be concerned they will be caught and arrested. No matter how strong the motivation to sexually abuse children may be, offenders must overcome their 'conscience' or internal inhibitors in order to progress to the next stage of harming children. Some will making excuses for their behaviour and its consequences; perhaps taking drugs or using alcohol to overcome their fear or their conscience; or blaming the abuse on the actions or wishes of the child.

Here are some examples of things offenders may say to convince themselves their motivation or desire is not 'that bad':

She was dressed like she wanted sex

Children enjoy sex

They were smiling all the time

They are nearly legal

The law is wrong and children should be able to have sex if they want to

It's only pictures, I was only looking

Lots of other people are doing it, so it can't be wrong

Thinking about the thinking.....

Discuss these internal excuses with your social worker, think about those which are more believable than others.

Are any relevant to your current situation?

Notes: