Module 8: Problematic Collecting

Exercise 3b

Now	answer	the	fol	lowing	questions
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collection?

How important is it for me to be collecting sexual images of children? Why?
 Why do I keep certain material? Why would I not put certain material in my

- 3. How many hours are spent trying to add to my collection? Is it too many?
- 4. What needs are being met by having these sexual images in my collection? Tick the options below that apply to you.
 - My collecting makes me feel creative. It gives me a sense of achievement and helps me to feel good about myself. (Creativity)
 - My collecting helps me to excel in my job/at work as I feel like I have mastered and perfected the activity. (Excellence at work)
 - My collecting feels worthwhile. It's fun, exciting and can feel like a challenge. (Excellence in play)
 - My collecting makes me feel like my life has a purpose. (Spirituality)
 - My collecting makes me feel peace and at ease. It makes me feel comfortable. It helps me to escape from difficult feelings. (Inner peace)
 - My collecting helps me to look after myself, both physically and emotionally.
 (Life)

- My collecting has a positive effect on my romantic and familial relationships; both sexually and emotionally. (Relatedness)
- My collecting gives me control in my life. It makes me feel like I can make decisions and I have a say in what I do. (Excellence in Agency)
- My collecting gives me knowledge. It makes me feel like I'm intelligent and that I know things. (Knowledge)
- My collecting makes me feel like I belong to something. I feel like I'm a part of a club or a group. (Community)
- My collecting makes me feel good. I get pleasure from collecting. (Pleasure)

You have just identified what needs the collecting is meeting for you.