

# Denial

Here are some examples of excuses that represent denial. As you read through the list, tick any that sound familiar to you. (Delmonico, D.L., Griffin, E., 2001)

- "It was only once in a while."
- "I needed to get my needs met somewhere."
- "We are all adults."
- "I am just being a man and I have a high sex drive and men are more sexual than women."
- "At least I'm not as bad as so-and-so."
- "My situation is different from everybody else's."
- "Just this one last time and then stop."
- "Just this second time more and then stop."
- "Well, I've already started so what the hell."
- "I'm just looking and not saving anything to my hard drive."
- "I'm pretty sure it's all legal so it's ok."
- "A reward for lasting a certain period without accessing porn, so this time is ok."
- "I need to wean myself off rather than quit cold turkey."
- "I'm dealing with a lot of stress and need to unwind."
- "What she doesn't know won't hurt her."
- "My wife (husband or partner) isn't responsive to my sexual needs."
- "I deserve this."
- "It doesn't hurt anyone because..."
- "It's just my way of relaxing."
- "It isn't real because it is on the computer."
- "I only do this in private so it isn't affecting anybody."
- "I can stop any time I want."