

PART C: Understanding your behaviour over time

Looking back over your diary and your timeline, consider the following questions:

1. How much control do you feel you had over the events that influenced you to engage in more risky behaviour? In hindsight, how could you have handled them differently?

No control 1 2 3 4 5 6 7 8 9 10 Full control

2. How much control do you think you had over the choices you made to take action toward further offending behaviour? Why?

No control 1 2 3 4 5 6 7 8 9 10 Full control

3. What effect/patterns or trends can you notice about the development of your sexual fantasies?

Now consider when you started using the internet regularly:

4. What made you decide to use the internet?

5. Did the act of using the internet change the way you were thinking? In what way?

6. Over time, what effect did the internet have on your life off-line (in the real world)?

7. How would you describe your life on-line (while using the internet)?

Now consider the one event that led you access illegal content for the first time and afterward:

8. Why do you think it was this specific event that triggered you to access illegal content for the first time? Why not something earlier in your life?

9. Were there other things happening in your life beyond what you have mentioned that could have contributed to your decision to access indecent images of children on the internet?

10. Why do you think you have continued the behaviour over time?

11. Using the list below, tick all the offending behaviours that you have engaged in:

- a. Downloading illegal child images
- b. Trading these images with others
- c. Chatting to adults about sex with children online i.e. sharing fantasies
- d. Contacting children on the Internet for sexual reasons (either via chat or webcams)
- e. Exposing children to sexual behaviour via webcam
- f. Producing illegal images of children
- g. Voyeurism (hidden cameras)
- h. Offline sexual activity with children

Can you identify how your offending changed over time and involved different behaviours?

12. Have you at any time tried to stop using the internet to access illegal images of children? If so, how many times did you try and stop? Why do you think you were not successful?

13. What are the important things that are motivating you to address your behaviour now? How important are they to you?
