



BREAKING THE CYCLE - CHANGING LIVES

ABUSER DISTORTED THINKING AND JUSTIFICATIONS

RISK FACTORS FOR YOUNG SEX OFFENDERS

LOW RISK

1. There is a strong belief that it is his first offence
2. Staff are not reporting suspicions about other incidents
3. He/She associates with own peer group
4. Not an alcohol, drug or substance abuser
5. Adequate social adjustment for his/her age
6. Reasonable level of self worth
7. Has reasonable perception of your role and why you are questioning
8. Has a supportive family
9. No real school problems
10. Is willing to discuss the offence. If he/she is finding it difficult it's because of embarrassment rather than any other reason
11. No siblings have been abused or have accused
12. Parents have no previous offences against them and not suspected of abusing
13. Expresses genuine concern about the victim
14. Understands society views his/her offence as wrong
15. Positive attitude about his sexuality
16. He is able to identify strengths in himself
17. Little masturbation fantasy concerning the offence
18. No significant depression
19. Family supportive of treatment
20. No overt aggression beyond the sexual abusive act

MODERATE RISK

1. Other offences known about without doubt documented or reported
2. Evidence of being a loner at school
3. Evidence of inadequate personality eg playing with younger children or being the joke or mascot to older children eg no relationship with peers
4. Other school difficulties. Teachers feelings about him/her
Poor family relationships

5. Other siblings have been accused
6. Father and mother or both have been accused of sex abuse
7. Doesn't see the hurt he/she has caused
8. Does not want to talk about the offence. Even with good interviewing
9. Does not see why society makes such a fuss
10. Blames the victim
11. Blames others
12. Low self worth
13. Can never do enough to please those who care for them
14. Rigid attitude about sexuality
15. Into pornography in a deliberate way. Fantasy writings etc
16. History of aggressive behaviour
17. Cruel to animals
18. Offence associated with drugs or alcohol
19. History of physical or sexual abuse. Untreated victim experiences and possible homophobic
20. Significant depressive episodes. "Acting out behaviours"
21. High levels of masturbation. Fantasy concerns the offending behaviour.
22. History of institutional care

HIGH RISK

1. Shares characteristics from moderate risk
2. The abuse on him./her involved sadism, or tied up, locked up types of punishment
3. Has been punished harshly for normal sexual behaviour as a young child eg masturbation
4. Punishment has been of a sexual nature
5. Parents overprotecting and overbearing and neurotic
6. Use of weapon
7. Using fear to gain control. Eg masks etc
8. Continues the offence even when he/she sees the pain he/she causes
9. Repeated offence after receiving treatment
10. Evidence of increasing seriousness of offence
11. Evidence of mental disorder
12. Significant learning difficulties preventing him/her learning from the consequences of his behaviour
13. Offences such as rape and murder put him/her obviously as a high risk
14. Complete denial of documented offence
15. Refuses to speak about his/her sexuality
16. Ties up or abducts victims
17. Into sad masochistic pornography
18. Arousal connected with violence
19. Abandoned, unloved, unwanted, unstable care experience
20. Will not engage in any form of treatment

RAPISTS ANGER AND CYCLE OF BEHAVIOUR

1. Fantasises previous rape scenes
2. Has argument with girlfriend/wife
3. Feels put down, gets angry – is unassertive in the relationship
4. In anger storms out the house
5. Goes to the pub
6. Fantasises whilst watching women at the bar
7. Becomes envious of close relationships
8. Feels angry and lonely and has mind scripts such as – bastards/bitches
9. Begins to justify future contact – “ I’ll get you”
10. Follows a woman leaving a bar on her own
11. Begins to rehearse attack
12. Arousal increases, sexual feelings linked with anger
13. Power feelings, the desire to dominate and put down is extremely strong
14. Excitement linked with fear.
15. ATTACKS

COGNITIVE DISTORTIONS – EXCUSES /EXPLANATIONS

The offender will wish to emphasise

Medical problems
Influence of drugs/alcohol
Cured by detection/Punishment
Out of character
One – off incident
Stress/sexual frustration
Family dysfunction
Religious conversation
Loss of memory
Achievements
Shame and guilt
Desire for forgiveness
No harm to the victim
Harm to self
Support from family and friends etc
Passivity

Justification of behaviour – commonly used

1. When a girl walks round the house half naked, you’re telling me she doesn’t know what she is doing trying to flaunt herself
2. Everyone knows she is a slut/slag/loose
3. I only did what she’s already done with her boyfriend

4. She/he responded – she/.he must have enjoyed it
5. All men would have sex with a girl of that age if they knew they wouldn't get caught
6. She was on the game – she came up to me in the first place
7. I only touched him/her/masturbated in front of him/her....it is not as if I used violence
8. I know he/she was sexually aroused by what we did
9. She/he gave me the come on
10. She/he was asleep
11. I was providing her/ him with sex education
12. She/he gave me the signal it was OK
13. I is OK in other cultures
14. If he/she didn't want sexual contact with me she/he could have resisted
15. I asked him/ her if they didn't mind. I would have stopped had they said no
16. She/he didn't tell because they secretly enjoyed it
17. I would never harm a child
18. It was love that went too far
19. When a young person asks about sex they are ready to be shown about it
20. You don't know what some kids are like nowadays
21. We children everything else!
22. She/ he came back a second time.... you are not telling me they dint know what to expect?
23. Some day people will realise sex can be part of a loving relationship with a child
24. He/she could have left at any time

SUMMARY - 15 STYLES OF DISTORTED THINKING – thoughts and feelings

1. **Filtering** – you take the negative details and magnify them while filtering out all positive aspects of a situation
2. **Polarised thinking** – Things are black and white, good or bad. You have to be perfect or you are a failure. There is no middle ground
3. **Overgeneralisation** – you come to a general conclusion based on a single incident or piece of evidence. If something bad happens once you expect it to happen over and over again
4. **Mind reading** – without their saying so – you know what people are feeling and why they act the way they do. In particular, you are able to divine how people are feeling toward you
5. **Catastrophising** – You expect disaster. You notice or hear about a problem and start “what ifs”. What if tragedy strikes? What if it happens to you?
6. **Personalisation** – thinking everything people say or do is some kind of reaction to you. You also compare yourself to others, trying to determine who is smarter or better looking etc
7. **Control fallacies** –If you feel externally controlled you see yourself as helpless victim of fate. The fallacy of internal control has you responsible for the pain and happiness of everyone around you

8. **Fallacy of fairness** –You feel resentful because you think you know what is fair but others won't agree with you
9. **Blaming** You hold others responsible for your pain, or take the blame yourself for every problem or reversal
10. **Shoulds** – You have a list of iron clad rules about how you and others should act. Those who break the rules anger you and you feel guilty if you violate rules
11. **Emotional reasoning** – You believe what you feel must be true – automatically. If you *FEEL* stupid then you must *BE* stupid and boring
12. **Fallacy of change** – You expect others to change to suit you if you just pressure or cajole them enough. You need to change people because your hopes for happiness' depend entirely on them
13. **Global labelling** – you generalise 1 or 2 qualities into a negative global judgement
14. **Being right** – you are continually on trial to prove your actions and opinions are correct. Being wrong is unthinkable and you will go to any length to demonstrate your rightness
15. **Heavens Reward Fallacy** – You expect all your sacrifice and self denial to pay off as if there were someone keeping score. You feel bitter when reward doesn't come