

Exercise 1: Understanding and Responding to Justifications

In the box below, the left hand side column contains some self-talk justifications you might have used to justify your use of Indecent Images of Children. In the right hand side column list self-talk statements which you could use in response to the matching justification to dissuade yourself from engaging in the behaviour. Please add at the bottom of the table any additional self-talk justifications that you use, along with a matching response. You should repeat all the phrases you write in the "Responses" column in your head, so that this sort of thinking becomes automatic if you start to experience offence-supportive beliefs:

There is an example provided:

Justifications	Responses
<i>"I am only looking at pictures."</i>	<i>"The children in the images are real children who are being sexually abused."</i>
<i>"The images were already online."</i>	
<i>"I did not directly abuse the child in the image."</i>	
<i>"The child in the image is smiling, so they must be enjoying it."</i>	
<i>"I didn't produce the pictures, and they were already there."</i>	
<i>"I've had no direct contact with the child."</i>	
<i>"The children are clothed, so these images cannot be illegal."</i>	
<i>"This isn't abuse because no adults are in the images."</i>	
<i>"The child took this photograph of themselves."</i>	