

## Rationalization List or Excuses to Offend

*Source: National Committee for Prevention of Child Abuse*

- I'll only do it one more time.
- I need to do this to reduce my tension.
- He likes it.
- She is too young to get pregnant.
- He won't remember.
- She won't realize what I'm doing, she's too young
- Nobody will find out.
- It's okay, he's my son.
- She is better than no one at all.
- She wants love and attention.
- He likes me.
- She likes being with me.
- We are very close friends.
- He likes the attention.
- She didn't tell me to stop.
- Someone has to teach him about sex.
- I am lonely.
- She wants me to do this.
- It makes me feel better.
- I need love and affection, too.
- She puts her arms around me and sits on my lap
- He says no, but he means yes.
- She looks older than she is.
- He is very mature for his age.
- I'm in love.
- I deserve to feel good.
- No one will see me.
- I can't stop myself
- I'm drunk.
- I'll only go so far, then I'll stop.
- Hitchhikers should know what to expect.
- It's more exciting than sex with my wife.
- Why else would she leave her shades up?
- Why else would he call me to tuck him in?
- Why else does she sit on my lap?
- If I expose, maybe he will.
- She hasn't told anyone yet, so she must like it.
- I won't do it any more
- He won't tell
- She's not my real daughter
- My wife doesn't love me.
- It's okay since kings and cavemen did it.
- It's okay since she's asleep.
- I'm just going to look, I won't touch.
- In most ways, I am a good father.
- If he doesn't want me to, I won't.
- She's a lot like my wife.
- She leads me on.
- If not me, it will be somebody else.
- He will get to liking it.
- I'm not the first, she is not a virgin.
- Others do it.
- Nobody would believe him.
- Some children like it.
- It happened to me at that age.
- She is doing it for the money.
- I'm just showing affection.
- He comes into our bed.
- Just look at how she is dressed.
- She has seen a naked man before.
- He is laughing: he is smiling.
- I am oversexed.
- I'll get rid of my ...(boredom, depression).
- What I do in my own house (car) is my business.
- My sex life is nobody's business.
- I am not using any force.
- Prayer didn't work, so nothing will.
- God wants me to do it
- I'll go on a binge, do it a lot, and get it out of my system.
- I'm just teaching her what she should not let a man do to her.
- She does it with her boyfriend
- He does it with other boys
- I'm not really hurting anyone.

**Indicators That Offenders May Be On Cycle**  
**Source: NH State Prison**

1. Feeling nervous, anxious
2. Worrying what others are thinking
3. Engaging in negative self-talk
4. Engaging in self “put-downs”
5. Keeping secrets
6. Stuffing feelings
7. Not knowing what I’m feeling
8. Sexualizing kids
9. Engaging in deviant fantasies
10. Feeling bored
11. Feeling lonely
12. Feeling depressed
13. Feeling desperate
14. Masturbating compulsively (Or not realizing I am)
15. Masturbating to deviant fantasies
16. Masturbating to relieve “horny” feelings or wet dreams
17. Flirting with children
18. Isolating
19. Being alone with children
20. Not acting my age
21. Buying, selling, possessing or using pornography (any and all forms)
22. Buying, selling, possessing, or using drugs
23. Buying, possessing, or using alcohol
24. Feeling overwhelmed
25. Feeling the need to be perfect (Perfectionist thinking)
26. Using cognitive distortions to rationalize fantasizing and sexualizing others
27. Engaging in “pity-parties”
28. Thinking of “youthful sexuality”
29. Being angry or rageful
30. Feeling out of control
31. Hanging out with old drinking or drugging buddies
32. Going to houses where potential victims (children) are
33. Not attending AA, NA, OA, or other self-help group meetings
34. Having a poor attitude
35. Feeling like a victim
36. Feeling “stressed out”
37. Not setting boundaries, having boundary violations
38. Planning to do something “secret”
39. Making plans to isolate
40. Being excited about “closeness” with children or teens
41. Realizing, I once again, have a collection of pornography
42. Looking in the newspapers, mail or catalogs for children’s underwear ads
43. Engaging in horseplay
44. Creating an environment so I can victimize
45. Thinking of sexual acts with kids
46. Thinking about how I can make myself or the children happy by touching them
47. Showing, giving, or exposing kids to pornography, drugs, or alcohol
48. Losing my job or being unemployed
49. Using cocaine
50. Sleeping over at houses where potential victims are
51. Taping / watching kids’ shows
52. Failing to use interventions
53. Listening to music that invites old thinking patterns or feelings (unhealthy music)
54. Viewing pornographic magazines in a regular bookstore
55. Attending high school functions
56. Going to malls where teenagers hang out
57. Viewing sexually explicit movies/shows on TV or cable
58. Being with people who use filthy, dirty or sexually explicit language
59. Supervising / coaching youth activities
60. Watching MTV, cable shows, or attending movies that have attractive youthful stars
61. Going to restaurants where teens hang out
62. Working at high schools or colleges

63. Living among people with young families
64. Hanging out with dysfunctional people
65. Failing to attend therapy / group sessions
66. Having too much free, idle, or unstructured time
67. Masturbating to change my mood
68. Setting up a victim
69. Approaching a potential victim
70. Starting a conversation with a potential victim
71. Care taking / rescuing
72. Baby-sitting
73. Being anywhere teens hang out
74. Flirting with inappropriate (underage) people
75. Acting childish
76. Engaging in obsessive / compulsive behavior
77. Inappropriate hugging / touching
78. Abstinence violations
79. Using “Stinking Thinking”
80. Being stressed, feeling stressed, or in a continuous stressful environment
81. Not sharing or communicating
82. Having unrealistic expectations of myself or other people
83. Having unrealistic expectations of groups, institutions, the government, the legal system, lawyers, parole, etc.
84. Bathing Children
85. Being in children’s bedrooms, bathrooms etc.
86. Not being honest with myself or others
87. Failing to confront or deal with problems
88. Swimming with children or teens
89. Letting myself go (Personal hygiene, etc.)
90. Watching TV when I am bored
91. Not being responsible, avoiding responsibilities
92. Not getting enough sleep
93. People pleasing
94. Engaging in various (unhealthy) co-dependent behaviors
95. Coping with stress or life in unhealthy ways
96. Trying to control or manipulate others
97. Letting problems build up
98. Driving near schools or other places where kids are present
99. Procrastinating
100. Cursing or using profanity
101. Dating women with children
102. Dwelling excessively on the past
103. Being promiscuous
104. Having a negative attitude
105. Going into bars, sports bars or any other drinking establishment
106. Reacting rather than responding
107. Failing to follow parole restrictions
108. Failing to attend church regularly
109. Talking with children about sex or sexual things
110. Dancing with children / teens
111. Having or letting a child or teen sit on my lap
112. Committing other crimes
113. Playing “strip poker” or other sexual games with potential victims
114. Failing to pay bills, getting into debt
115. Living in “my own fantasy world”
116. Being overly prideful or grandiose
117. Being “phony”, hiding or masking myself from others and myself
118. Feeling jealous
119. Harboring resentments and bitterness
120. Being impatient or feeling frustrated
121. Being selfish or greedy
122. Being irresponsible
123. Being critical or judgmental
124. Feeling abandoned or rejected
125. Internalizing or owning the negative or untrue
126. Failing to be accountable for my actions
127. Not allowing myself to grieve losses
128. Not trusting
129. Having body somatics (tight jaw, racing heart, knot in stomach)
130. Worrying what others think
131. Not letting my needs be known
132. Giving gifts to kids

133. Changing diapers
134. Letting children sleep in my bed
135. Letting children in the bathroom while I am using it
136. Going into someone else's bedroom without knocking
137. Wearing loose or revealing clothing around children
138. Wearing clothing that has easy access to my private parts
139. Frequenting X-rated establishments
140. Thinking she is "hot and sexy" yet she is only 10 years old
141. Thinking "I know what she needs and I can give it to her" yet she does not want "it"
142. Having extramarital affairs, or cheating on significant other
143. Walking or driving aimlessly
144. Going to Arcades
145. Fighting or arguing
146. Being overly serious
147. Black and White thinking
148. Blaming others
149. Bringing problems home
150. Catastrophizing
151. Having one night stands or needing continuous casual sex (i.e. addiction)
152. Compartmentalizing
153. Regressing into old core beliefs
154. Giving up
155. Feeling excessive guilt or shame for who you are, rather than what you did
156. Ignoring family or friends
157. Finding yourself unable to relax
158. Developing marital problems
159. Minimizing
160. Needing continuous approval or validation
161. Feeling burnt out emotionally, physically, spiritually or mentally
162. Overworking (work-oholic)
163. Having or developing parental problems
164. Going near playgrounds
165. Making indecent phone calls
166. Being overconfident
167. Feeling indifferent
168. Making sexual innuendoes
169. Snipping or putting others down
170. Justifying
171. Lack of empathy
172. Feelings of low self-esteem
173. Using services of a prostitute
174. Calling 1-900 sex lines
175. Buying or using computer pornography
176. Romanticizing past drug or sexual encounters
177. Buying "see through" night gowns for children
178. Developing sexual dysfunction
179. Having suicidal thoughts or tendencies
180. Encountering unexpected nudity and lingering or masturbating later to thoughts of the encounter
181. Urinating in public
182. Being overly suspicious or paranoid
183. Hiring a teenage baby-sitter
184. Swimming nude
185. Driving in a car alone with a teenager
186. Going to teen parties
187. Grooming potential victims
188. Trying to endear oneself to teenagers
189. Feeling angry to the point of exploding or wanting to hurt someone
190. Feeling you are "cured"
191. Looking at women's, men's, or children's anatomy rather than making eye contact or looking at them as whole beings
192. Thinking it is OK to use drugs this one time
193. Thinking of people as objects
194. Thinking there is no harm in talking to children
195. Thinking "I deserve to do..."

## Chaperone Awareness List

The following list of behaviors or behavior changes are potential warning signs that there may be increased risk of re-offense. The offender list should be discussed with the offender and the most significant warning signs should be highlighted.

### A. The Offender: Change in Pattern

1. Abuse of alcohol and other drugs.
2. Loss of control over other behaviors, e.g. smoking, gambling, battering.
3. Sleep-last to bed, up at night, first to rise.
4. Tucking victim into bed without being asked to do so.
5. Initiating - prolonging physical contact with target.
6. Pornography
7. Sexual preoccupation
8. Difficulty accounting for time - unstructured time.
9. Cruise in car with no destination - unexplained mileage.
10. Discipline - favoritism, harsh, erratic.
11. Stated over-confidence regarding impossibility of re-offense.
12. Not attending counseling or completing assigned tasks (program graduates may attend at no additional charge.)
13. Assuming the role of "sex educator".
14. Inappropriate apparel - robe only, no underwear, patches, broken zipper.
15. Leaving bedroom/bathroom door open.
16. Job stress: fired, laid off, change in job description.
17. Rapid religious conversion.
18. Involvement in youth programs.
19. Involvement in child's hygiene: bathe, massage, apparel, groom.
20. Selecting children's clothing: too small, adult, cosmetics.
21. Isolating the child.
22. Expressed (negative) interest in victim's social/sexual behavior.
23. Stated physical complaints in victim's presence.
24. Reluctance to be with extended family.
25. Not able to account for money, gifts, loans, purchase of drugs.
26. Anxiety, thin skinned, uptight.
27. Difficulty getting things done.
28. Passive-aggressive (non-assertive) style.
29. Shift in parental responsibility: return to school/work triggers "abandonment" and unsupervised time.
30. Return to offender following extended absence.
31. Offender retreats to childhood: clothing, language, cultivation of younger friends.
32. Unresolved marital conflicts - refuses to discuss problems.
33. Change in sexual functioning: frequency, dysfunction, abuse, infidelity.
34. \_\_\_\_\_
35. \_\_\_\_\_

Please circle any RATIONALIZATIONS the offender used to somehow make it okay in his/her mind to offend.

1. I'll only do it one more time
2. I need to do this to reduce my tension
3. He/she likes it
4. She is too young to get pregnant
5. He/she won't remember
6. He/she won't realize what I am doing
7. Nobody will find out
8. It is okay, he/she is my child
9. He/she is better than no one at all
10. He/she wants love and affection
11. He/she loves me
12. He/she likes being with me
13. We are very close friends
14. He/she likes the attention
15. He/she did not tell me to stop
16. Someone had to teach her/him about sex
17. I am lonely
18. He/she wants me to do this
19. It makes me feel better
20. I need love and affection too
21. He/she puts her/his arm around me and sits on my lap
22. He/she says no, but really means yes
23. He/she looks older that he/she really is
24. He/she is very mature for her/his age
25. I'm in love
26. I deserve to feel good
27. No one will see me
28. I can't stop myself
29. I'm drunk
30. I'll only go so far, and then I'll stop
31. Hitchhikers should know what to expect
32. It's more exciting than sex with my partner
33. Why else would he/she leave her/his shades up
34. Why else would he/she want me to tuck her/him in
35. Why else does he/she sit on my lap
36. If I expose myself, maybe he/she will too
37. He/she hasn't told anyone yet, so he/she must like it
38. I'm not really hurting anyone
39. I won't do it anymore
40. He/she won't tell
41. He/she is not my real child

42. My partner does not love me
43. It is okay in some cultures
44. It is okay since he/she is asleep
45. I'm just going to look, I won't touch
46. In most ways I am a good parent
47. If he/she doesn't want me to, I won't
48. He/she is a lot like my partner
49. He/she leads me on
50. If not me it will be someone else
51. He/she will get to like it
52. I'm not the first, he/she is not a virgin
53. Others do it
54. Nobody would believe her/him
55. Some children like it
56. It happened to me at that age
57. He/she is doing it for the money
58. I'm just showing affection
59. He/she comes into our/my bed
60. Just look at how he/she dresses
61. He/she has seen naked women/men before
62. He/she is laughing/smiling
63. I am oversexed
64. What I do in my own car/house is my business
65. My sex life is nobody's business
66. I'm not using any force
67. Prayer did not work so nothing will
68. God wants me to do it
69. I'll go out on a binge, do it a lot, and get it out of my system
70. I'm just teaching her/him what he/she should not let a woman/man do to her/him
71. He/she does it with her/his partner
72. I need to clean her/his body
73. It's not like he/she is a baby or small child