“WHY” Checklist

Listed below are a number of reasons why adults sexually abuse children/teenagers. Check all the reasons that you think relate to the person who abused you. Fill out the checklist for each person who abused you.

- □ Low self-image.
- □ He/she thinks children are an easy target.
- □ Need for power and control over someone.
- □ Has trouble getting along with people.
- □ Lack of coping skills to deal with life demands.
- □ Feeling inadequate or isolated.
- □ Unable to develop good adult sexual relationship.
- □ It’s what his/her family did when they were young.
- □ He/she was abused when younger.
- □ No friends outside the family.
- □ Can’t or won’t control impulses.
- □ Uses drugs or alcohol as an excuse.
- □ Minimizes or denies or rationalizes sexual acts.
- □ Sexually attracted to children.

□ Other: _________________________________________________________
________________________________________________________________
________________________________________________________________

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