

# “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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