“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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