

## **The Abusing Adult**

### **Checklist for adults who were sexually abused as children**

1. 1.How old were you when you were sexually abused?
2. Do you remember how you met the person?
3. How long did you known the person before you were sexually abused by them?
4. Describe what happened
5. What things were you made to do?
6. How long did the sexual abuse last?
7. Did anyone else know?
8. Did you tell anybody? If not, why not?
9. Did you do anything to try to stop it? If not, why not?
10. Why did the abuse stop?
11. Do you remember how it made you feel at the time?
12. How do you feel about it now?
13. Have you ever had any help to deal with what happened to you?
14. If not, do you think you could be helped to deal with it?
15. Do you think any of the brothers and sisters were abused like you were?
16. Describe any subsequent incidents where you were sexually abused.

## **The Abusing Adult**

### **Checklist for association with other adults about whom there are child protection concerns**

- 1 What is the person's name?
- 2 How did you meet them?
- 3 How old were you both at the time?
- 4 What was happening in your life at the time?
- 5 What did you find attractive about them?
- 6 How long did the relationship last?
- 7 Describe them?
- 8 What did you like best about them?
- 9 Was there anything you disliked about them?
- 10 Describe your relationship
- 11 Was there any violence shown towards you or any other person?
- 12 If so, describe what happened.
- 13 Were you ever violent towards that person?
- 14 If so, describe what happened.
- 15 Had they had previous relationships, If so, did they ever talk about them?
- 16 Did they have a criminal record?
- 17 Were any of the offences related to children? If so, do you know any of the details?
- 18 Do they have any friends / associates who have convictions for sex offences against children, or where there are child protection concerns?
- 19 What are the child protection concerns in respect of them?
- 20 What do you think about those child protection concerns?
- 21 Did you believe there was a risk to children?
- 22 Do you now believe the person to be a risk to children?
- 23 Why did your relationship end?
- 24 How did you feel about the relationship ending?



## **The Abusing Adult**

### **Checklist for drugs and alcohol**

1. If you have used drugs, when did you begin?
2. Why did you start taking drugs?
3. Are you still taking drugs? If so, what?
4. Who introduced you to drugs?
5. Describe your use of drugs up to the current time.
6. Have you ever been on a 'drug-treatment' programme?
7. If so, what happened?
8. How do the drugs make you feel?
9. Does your behaviour change when you have taken drugs?
10. If so, in what way?
11. Does your partner know about your drug habit?
12. If so, what does he or she say about it?

Repeat the questions in the respect of alcohol use

## **The Abusing Adult**

### **Checklist for Family structure**

1. What are the names of your parents?
2. Where do they currently live?
3. How often do you see them?
4. Describe your relationship with them
5. Has there ever been any child protection concerns about them?
6. Have any allegations or sexual abuse ever been made against them?
7. Describe all your siblings, half siblings and step siblings as above.



## **The Abusing Adult**

### **Checklist for offences of a non-sexual nature**

1. Describe your criminal history – In respect of each offence
2. Describe the offence
3. Whys did you commit the offence?
4. What was happening in your life at the time?
5. What was the sentence you received?
6. Do you think it was a fair sentence?
7. If you have been to prison have you had any time lost from early release or added onto your sentence?
8. Did any of the disposals, for example probation help you?
9. Have you been on any specific treatment programme?
10. If so, have any of them helped?
11. Do you think you will offend in the future?
12. Have you currently any offences outstanding?

## **The Abusing Adult**

### **Checklist for perception of self – additional questions, specifically referring to perception of self sexually**

1. Describe your sexual orientation
2. When do you think you first had sexual thoughts?
3. How old were you when you started masturbating?
4. What did you fantasise about when you were masturbating?
5. Did you have any sexual experiences as a child?
6. Did your fantasies change as you got older?
7. How often do you masturbate now?
8. Describe all of the fantasies you have had in your adult life.
9. Have you ever fantasised about children when you have masturbated?
10. Have you ever fantasised about children when you have been having sex?
11. How many sexual partners have you had?
12. Do you think you are sexually attractive to the opposite sex?
13. Do you think you are sexually attractive to your own sex?
14. Do you consider yourself as being sexually unattractive to other people? If so, why?
15. What do you believe to be most attractive sexual feature?
16. Do you feel confident about engaging in a new relationship?
17. Do you like to get to know people before you have sex with them?
18. Have you ever been offered casual sex? If so, what did you do?
19. Have you ever paid for sex? If so, when, why and how often?
20. Do you consider yourself to be sexually active or not?
21. Would you like to have sex more often or less often?
22. Have you ever used pornographic materials? If so, how often and do you still use it?
23. Have you ever seen any child pornography?
24. Have you ever downloaded any adult or child pornography from the Internet?
25. Do you know anyone who has downloaded pornography from the Internet?



## **The Abusing Adult**

### **Checklist for the adult's victim empathy**

- 1 How do you feel about children who have been sexually abused?
- 2 Do you think they should be helped to overcome the abuse?
- 3 How do you think the child felt physically when you sexually abused him or her?
- 4 How do you think the child felt emotionally when you sexually abused him or her?
- 5 How do you think she or he will feel now physically?
- 6 How do you think she or he will feel now emotionally?
- 7 Did the child ever ask you to stop sexually abusing them?
- 8 If so, did it bother you?
- 9 Does it bother you now?
- 10 How do you feel now about what happened?

## **The Abusing Adult**

### **Checklist for the sexual abuse of child (ren)**

Deal with each episode / allegation / conviction separately

- 1 What was the child's name and age?
- 2 Describe the child.
- 3 How did you meet him or her?
- 4 How did you get to know him or her?
- 5 When was the first time you felt attracted to him or her?
- 6 When did you decide you were going to sexually abuse the child/
- 7 Describe what happened the first time you were alone with the child.
- 8 Describe the feelings you had for the child.
- 9 Describe the sexual feelings you had for the child.
- 10 Why did you want to sexually abuse the child?
- 11 How did you get him or her ready for the sexual abuse?
- 12 Describe what you did the first time you sexually abused him or her.
- 13 Had you planned to sexually abuse the child on that occasion?
- 14 What were you thinking before the abuse started?
- 15 What were you feeling before the abuse started?
- 16 Describe your state of sexual arousal.
- 17 What were you thinking during the sexual abuse?
- 18 What were you feeling during the sexual abuse?
- 19 What were you thinking immediately afterwards?
- 20 What were you feeling immediately afterwards?
- 21 Tell me what you said to the child during the sexual abuse.
- 22 What did you think the next day?
- 23 How did you feel the next day?
- 24 How did you ensure that the child told no one?
- 25 Why did you abuse him or her again?
- 26 Did the method of your abuse change, did you perform different sexual acts on the child, did you get the child to perform different acts on you?
- 27 Did the child ever ask you to stop?
- 28 If so, what did you do?
- 29 How long did the sexual abuse last (once, months, years)
- 30 How did you ensure that you were alone each time you sexually abused him or her?
- 31 How do you feel now about what you did to that child?



## **The Abusing Adult**

### **Checklist for perception of children of the family**

1. What is the child's name, age, date of birth?
2. What do you call him or her?
3. Where does the child live?
4. What is your relationship to the child?
5. How long have you known him or her?
6. How did you meet?
7. What does the child call you (Dad, Father, by name)?
8. Describe the child. (Do not use the words physically or emotionally, allow the adult to decide the description. When they have finished prompt them on areas, they have not described).
9. Describe the thing you most like about them.
10. Describe the thing you least like about them.
11. Describe their behaviour
12. Is there any behaviours which you feel unable to manage?
13. How do you think they would describe you?
14. What is the child's response to discipline?
15. Has he or she ever needed any form of medical attention?
16. Has he or she ever been seen by a doctor for anything involving her vagina/his penis or his or her anus?
17. Has he or she ever been to hospital for anything involving her vagina/his penis or his or her anus?
18. Do you think they have been abused in any way?
19. What would you do if you thought anyone was abusing them in any way?

## **The Abusing Adult**

### **Checklist addressing issues of the future**

1. Do you think you were a risk to children?
2. If not, why not?
3. If so, in what ways were you a risk?
4. Do you think you are a risk to children now?
5. If so, in what ways are you a risk?
6. How do you think that risks can be managed?
7. What do you want to happen in the future?
8. Do you believe you need to make any changes to achieve what you want to happen?
9. If so, what changes do you think you need to make?
10. Do you think a treatment programme will help you?



## **The Abusing Adult**

### **Checklist for dominant / submissive behaviour**

1. Would you describe yourself as a confident person?  
all of the time, most of the time, some of the time or none of the time.
2. Where do you feel most confident?
3. Do you believe you are someone who likes to be in control of situations?  
all of the time, most of the time, some of the time or none of the time.
4. Are you someone who lacks confidence?  
all of the time, most of the time, some of the time or none of the time.
5. Do you rely on people?  
all of the time, most of the time, some of the time or none of the time.
6. What kind of things do you rely on them for?
7. If you thought you were in the right would you argue with people?  
all of the time, most of the time, some of the time or none of the time.
8. Who do you argue with most?
9. Why that person?
10. What are the arguments about?
11. Who usually wins those arguments?
12. Do you expect people to do as you say?  
all of the time, most of the time, some of the time or none of the time.
13. Do you think you are nervous?  
all of the time, most of the time, some of the time or none of the time.
14. What kind of things make you feel nervous?
15. What would you do if people do not do as you say?
16. What would you do if your partner does not do as you say?
17. What would you do if the children do not do as you say?
18. What do you do if people try to take over when you are doing something and you know you are right?
19. Are you stubborn?  
all of the time, most of the time, some of the time or none of the time.
20. Do you get your own way?  
all of the time, most of the time, some of the time or none of the time.
21. Do you like to get your own way?  
all of the time, most of the time, some of the time or none of the time.
22. Does anyone else make important decisions for you?
23. Do you make important decisions by yourself?
24. Do you insist that people apologise to you if they are in the wrong?
25. What do you do if they do not apologise to you?
26. Do you sometimes become angry with people to make your point?
27. Have you ever pretended to be angry to frighten people?
28. Have you ever pretended to be angry to get your own way?
29. Do you think showing emotions is a sign of weakness?
30. Do you think crying is a sign of weakness?

## **The Abusing Adult**

### **Checklist for support systems**

1. How many people do you know who support or help you?
2. How many of these people are family?
3. Do you have any friends who are your friends and not your partners?
4. If so, how often do you see them?
5. Do you feel you have a supportive family?
6. Describe the support/help each of them offers?
7. How often does each of them support you?
8. Do you find you need a lot of help and support?
9. How often do you feel you need support?
10. What other support would you find helpful, for example professionals?
11. Does anything/anyone get in the way of the support you would like?



## **The Abusing Adult**

### **Checklist for violent behaviour**

1. Are you a violent person?  
all the time, most of the time, some of the time or none of the time
2. Are you most likely to be violent if you have been drinking?
3. What is the most violent thing you have done?
4. Describe your last violent incident
5. How many times have you been violent in the past?
6. Can you imagine yourself being violent in the future?
7. If not, what would you do differently in the future if the same circumstances arose?
8. If someone was annoying you would you hit them?
9. If someone hit you would you hit them back?
10. Have you ever wanted to really hurt another person?
11. Do you think hitting people is acceptable in certain circumstances?
12. If yes, what would those circumstances be?
13. Have you ever smashed things in the house when you have lost your temper?
14. If so, why do you think you did that?
15. Have you ever harmed yourself when you have lost your temper?
16. If so, why do you think you did that?
17. Did you get involved in fights when you were growing up?
18. Were you a bully when you were growing up?
19. Do you think you are a bully now?
20. Do you think you are violent?  
all of the time, most of the time, some of the time or none of the time.

### **Domestic Violence**

21. Have you ever been violent towards your previous partner(s)?
22. If so, how often and under what circumstances?
23. Have you ever been violent towards your current partner?
24. If so, under what circumstances?
25. Why?
26. How often?
27. Do you believe violence towards your partner was justified?
28. Have you and your partner ever talked about why you become violent?
29. If so what did you discuss and what did you decide?
30. Do you think domestic violence played any part in the sexual abuse of the child(ren)?

## The Abusing Adult

### Checklist for angry / aggressive behaviour

- 1 Are you an angry person?  
All of the time    most of the time    some of the time    none of the time
- 2 How often do you become angry with yourself?  
All of the time    most of the time    some of the time    none of the time
- 3 how often do you become angry with other people?  
All of the time    most of the time    some of the time    none of the time
- 4 How often do you become angry with your partner?  
All of the time    most of the time    some of the time    none of the time
- 5 How often did you become angry with (name of child victim)?  
All of the time    most of the time    some of the time    none of the time
- 6 When you are away from your home how often do you become angry?  
All of the time    most of the time    some of the time    none of the time
- 7 What do you do if you feel angry away from home?
- 8 Who is the person you are most angry with?
- 9 Why do you think this is the case?
- 10 Are there any other people you are angry with a lot?
- 11 Are there any groups of people or organisations with whom you are angry?
- 12 Describe how you feel when you are getting angry.
- 13 Describe how you feel when you become angry
- 14 Do you have any physical symptoms when you become angry (for example feeling hot)?
- 15 What do you do when you feel yourself losing your temper?
- 16 Does your anger build up until you explode?
- 17 Do you lash out at people when you are angry?
- 18 When you become angry do you feel you are about to lose control?
- 19 Do you become angry very quickly or do you have a slow fuse?
- 20 Do you feel ashamed of yourself if you have been angry?



- 21 Do you let people know you are angry, so they wont try and push you about?
- 22 Do you find anger motivates you to get things done?
- 23 When you re angry do you find it difficult yo think straight?
- 24 When you are angry does it prevent you from thinking about anything else?
- 25 Does anger make you feel helpless and frustrated?
- 26 Do you keep your anger bottled up inside you?
- 27 Does your anger lead to aggression?  
All of the time   most of the time   some of the time   none of the time
- 28 Are you able to control your anger?  
All of the time   most of the time   some of the time   none of the time
- 29 Given an example of when you controlled your behaviour.
- 30 Is it okay to feel angry if you can control it?
- 31 Do you feel powerful when you are angry?
- 32 Does anger give you a feeling of energy?
- 33 Do you hate yourself when you have been angry?  
All of the time   most of the time   some of the time   none of the time
- 34 Do you feel anger is a waste of energy?
- 35 Do you feel ashamed of yourself if people have seen you angry?
- 36 Do you think a child's anger is bad and needs to be punished?
- 37 Do you prefer to keep your anger to yourself?
- 38 Do you feel your anger is a problem?
- 39 If so, what would you like to do about it?
- 40 Have you ever attended an anger management course?
- 41 If so, what did it achieve for you?
- 42 Do you think you are an angry person?

- 43 If so, why do you think you are an angry person?
- 44 Do you use anger to dominate people?
- 45 Do you use anger to stop people getting too close to you?
- 46 Do you think anger is a good thing or a bad thing?

It is possible to revisit the above questions looking at the issue of aggression rather than anger.



## **The Abusing Adult**

### **Checklist for the adult's concepts about sexual abuse**

1. Explain what you understand by the sexual abuse of children?
2. What kind of things do you think constitute sexual abuse?
3. Do you think that children should be protected from sexual abuse?
4. If so, how do you think that can be achieved?
5. Do you think sexually abusing children is right or wrong?
6. If you think it is right, why?
7. If you think it is wrong, why?
8. Is sexual contact with children by adults okay if the adult is gentle?
9. Is having sexual contact with a child of six years okay?
10. If so, why?
11. Is sexual contact with a child of 12 years okay?
12. If so, why?
13. Is sexual contact with a teenager of 14 years okay?
14. If so, why?
15. If the child touches you is that different to if you touch them?
16. If a teenager of 14 years has had sex before and agrees to sex with you what would you do?
17. If sex with children is not okay is it okay to touch each other's sexual parts?
18. If yes, why?
19. What do you think the age of sexual consent for girls should be?
20. If below 16 years, why do you think that?
21. Should the age of sexual consent be the same for boys and girls?
22. If yes, why?
23. Do you think society has the wrong attitude to sexual contact with children?
24. If so, why?
25. Do you think that some adults only have sex with children because they love them?

*What do you think about the following comments?*

26. Sexual activity with children does not harm them in any way unless you penetrate them.
27. Sexual activity with children does not harm them even if you do penetrate them.
28. Girls are ready for sex as soon as they start having periods.
29. Do you think children under ten years know what sex is about?
30. It is not against the law for children to have sex in some Eastern countries.  
What do you think about that statement?
31. Sexual contact with children is a good way of teaching them sex education.
32. Children should not be made to have sex with adults.
33. It is okay for children to have sex with each other.
34. Not enough is done to protect children from being sexually abused.
35. The sexual abuse of children by adults is on the increase.
36. Not enough is done to help children who have been sexually abused.

37. Some children lead adults on sexually.
38. Some children lead adults on – they deserve all they get.
39. Do you think that children are mainly abused by people who know them?
40. A child saying they have been sexually abused should not be believed just because they say they have.
41. If not, why not?
42. Women hardly ever abuse children sexually.
43. Only a certain type of man sexually abuses children.
44. Children over five years old would not be harmed if the adult is gentle.
45. Girls and boys are affected in the same way if they are sexually abused.
46. Masturbation of a child by an adult will cause them no harm.
47. Masturbation of an adult by a child will cause them no harm.
48. If children lead adults on sexually, it's okay.
49. Have you ever discussed with anyone else their understanding of sexual abuse of children?
50. Does your partner think the same way as you on matters of sexual abuse?
51. If yes, why?
52. If no, why?



## The Abusing Adult

### Checklist for self-esteem

	Yes	No	Don't Know
<ol style="list-style-type: none"><li>1. Do you feel you can do things as well as other people?</li><li>2. Do you have things you are proud of?</li><li>3. Do you feel you are a failure?</li><li>4. Do you think you are as good as other people?</li><li>5. Are there a lot of things about yourself you would change?</li><li>6. Do you often wish you were someone else?</li><li>7. Do you think you are a confident person?</li><li>8. Do you feel uncomfortable when you are with people you have not met before?</li><li>9. Do you think other people like you?</li><li>10. Do you sometimes feel useless?</li><li>11. Do you have confidence in your decisions?</li><li>12. Do you have a good opinion of yourself?</li><li>13. Do you like having your photograph taken?</li><li>14. Are there family members who do not like you?</li><li>15. Do you get upset if someone criticises you?</li><li>16. Do you think people regard you as being useless?</li><li>17. Do you feel ashamed of things you have done?</li><li>18. Do you find it hard to believe people who say nice things about you?</li><li>19. Do you sometimes remain silent because you think people might laugh at what you have to say?</li><li>20. Are you shy in large groups?</li><li>21. Do you feel you can succeed in doing things you want to?</li></ol>			

	Yes	No	Don't Know
22. Are you happy with the way you look?			
23. Do you feel you do things right most of the time?			
24. Do you think that people will not like you?			
25. Do you find people telling you that you have done things the wrong way?			
26. Do you ever pretend to be better at things than you really are?			
27. Do you sometimes feel you can never do anything right?			
28. Do you think you are physically attractive?			
29. Do you think you are sexually attractive?			
30. Do you think you are a good sexual partner?			
31. Do you have a normal amount of respect for yourself?			
32. Do you think you have a good personality?			
33. Do you feel that sometimes your sexual performance is not as good as you would like it to be?			
34. Do you think you are a success as a person?			
35. Are there things you would have liked to have achieved but have not?			
36. Would you like to be able to do things better than you can?			