

SEX OFFENDER AUTOBIOGRAPHY

The following is an outline for an autobiography. This autobiography was designed to help you gain insight into your behavior and to help identify problem areas in your life. Respond to each question as completely as possible. Each numbered item should require at least one half a page.

A. EARLY CHILDHOOD

1. Where did you live? (Type of Community, what city, etc.) What kind of work did your mother and father or parent figure to do? How did they feel about their work?
2. What was the religious and ethnic background of your family?
3. Who named you? Why was that name chosen?
4. What is your earliest memory?
What are the feelings connected to it?
At what age was it?
5. What was it like being a young child in your home? Who was special to you, who cared the most about you? Who supervised you?
6. Give the names and birth dates of other children in the family in which you grew up:
 - a. How did you get along with them?
 - b. What was your role in the family?
 - c. How did the parents treat each of the children?
7. Who disciplined you?
 - a. How did they do it?
 - b. Why did they do it?
 - c. How did you feel about the discipline you received?
8. Where there any health problems in your family? Any deaths? Any traumatic events?
9. Did your family attend church or Sunday school? How often? Did parents attend? What type of church? How important was religion in the family?
10. How did your family show each of these feelings towards each other?
 - a. Anger?
 - b. Love?
 - c. Closeness?
 - d. Fear?
11. How did your parents get along with each other?
What did they enjoy together?
What did they fight about?
How did they fight?
What effect did their relationship have on you then and now?
12. Which of the above events had the greatest impact on you? Why? How? Include all that seem important to you.

B. SCHOOL ACTIVITIES (6-19 years)

1. How did you feel when you started school? What was good about school?
What was bad about it?
2. Who were your friends at school?
What did you do with them?
What games or hobbies did you enjoy with other children during grade school?
3. How did the teachers treat you? Describe the relationship you had with your teachers.
4. Did you enjoy schoolwork?
Was any of it hard for you?
What subjects?
5. What did your parents expect from you in school? Did they want you to do well in Sports? School-work? Religion?
6. Were there changes in your living arrangements or family during high school years? Financial changes? Deaths? Moves?
7. Did your feelings about school or achievements in school change in your high school years?
8. What friends and/or activities were you involved with during high school years?
9. What kind of future job dreams or plans did you think about in your high school years?
What were your goals?
10. What kind of things were important to you?
11. Which of the above events had the greatest impact on you? Why? How?
Include all that seem important to you.

C. SEXUAL DEVELOPMENT

1. When you were very young, what did your parents teach you about sex?
2. When did you start to masturbate? What did your parents tell you about it? What were your feelings about masturbating?
3. Did you have sexual contact with other family members? Who? When?
4. Did you have sexual contact with any adults?
Did you have any exposure to adult sexual behavior?
5. What was your first sexual experience you remember as a child?
What were your feelings then?
6. How did you feel about the changes in your body as you became a teenager?
7. How often did you have sexual feelings and thoughts about sex as a teenager?
8. When did you start to date?
Describe this experience.
9. When did you start to have sexual contact with others? (Male or Female)

10. What did you think was expected sexual behavior of men during your teenage years?
11. What did you think was the expected sexual behavior of women during your teenage years?
12. Who scared or humiliated you sexually? How? When?
13. What was your father's sexual behavior like?
How did you feel about it?
14. What was your mother's sexual behavior like?
How did you feel about it?
15. What has your sexual behavior been as an adult?
When and why have you been involved in sexual relations with other people?
16. How often do you masturbate now?
To what thoughts or fantasies do you usually masturbate?
17. Do you sometimes have different kinds of fantasies that you masturbate to? When and what kinds of thoughts or fantasies?
18. Do you use erotica to masturbate to?
Does this erotica depict violent acts?
19. About how many sexual partners have you had?
How did you meet these people?
20. Which of the above events had the greatest impact on you? Why? How?
Include all that seem important to you.

D. ADULTHOOD

1. What schooling or training were you involved in beyond high school?
How did you like it and how did you do in it?
2. What kinds of jobs have you had?
For how long?
How did you like them?
3. When did you get romantically involved with some-one for the first time?
How did you meet?
What was attractive about the person to you?
How long did it last?
When and how did it end?
4. How many serious relationships did you have before you married or established a live-in relationship?
How long did they last?
When did they break up?
5. What first attracted you to your mate?
Why did you decide to marry?
How did the relationship change after you lived together?
6. What were the good parts of living together?
What were the troubles in the relationship?
7. When did you have children?
How many? (names and ages)?
How did they effect the relationship?

8. Did you or your mate have other sexual relationships? Why? When?
9. Did the Primary relationship end? When? Why?

REPEAT 5,6,7,8, and 9 FOR ANY OTHER MARRIAGES YOU MAY HAVE HAD.

10. Which of the above events had the greatest impact on you? Why? How? Include all that seem important to you.

E. BEHAVIOR THAT BROUGHT YOU INTO TROUBLE WITH THE LAW

1. When and how did you first get involved with the law? What happened?
2. What other things have you been arrested for? When? What happened?
3. Have you served time in other institutions? How long? When? For what?
4. What was the situation leading up to your most recent sex offense?
What was going on in your life?
How were you feeling?
5. What was the specific incident that seemed to trigger your sexually assaultive behavior?
6. What did you say and do to your victim?
How did you feel about him/her at the time?
7. What did you feel about the victim and yourself after the crime?
What did you say to them?
8. What other similar crimes have you been involved with and for how long?
9. Which drugs or chemicals have you abused? For how long? Do you still use or plan on using?
10. Which of the above events had the greatest impact on you? Why? How? Include all that seem important to you.

F. TREATMENT

1. What other treatment have you or your family been involved in?
Where and with whom?
For what kinds of problems?
2. What helped you the most in treatment?
3. What do you wish you had done differently? How could you have gotten more from the treatment?
4. What is the most important thing you need now in this treatment? How can we help you get it?
5. Which of the above events had the greatest impact on you? Why? How? Include all that seem important to you.

List on a separate piece of paper a minimum of four (4) specific goals that you want to work on in treatment. Consider which parts of yourself that you need to change that caused your crime. Consider your own goals for the future.