

Why Did I Do It?

Worksheet

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Bradley A. Hedges, Ph.D.

1. BIOLOGICAL ISSUES

- a. Describe any time you were knocked out. Be specific about what part of your head was hit and how long you were out. Have you ever had a brain tumor or any other problems with your brain?
- b. How old were you when you went through puberty? Did you experience any medical problems while going through puberty? Describe any hormonal imbalances you or members of your family have had. To the best of your knowledge, have you ever had any problems with your thyroid?
- c. Describe how you feel about your physical appearance. What parts of your body do you like? What parts of your body do you dislike? In what way have you tried to change your physical appearance? What would you like to change about your physical appearance?

2. DEVELOPMENTAL EVENTS

- a. Describe any significantly negative events that you experienced as you grew up (for example, physical abuse, sexual abuse, mental abuse, neglect, abandonment, death of someone close, etc.).
- b. Describe the kinds of rules that the family you grew up in had. Did they have many rules? Were the rules strongly enforced? How? Which describes your family better, chaotic or rigid? Why?
- c. Describe how involved the family you grew up in was in each other's lives. How did you know that other people in your family were connected to each other emotionally? Which describes your family better, disengaged or enmeshed? Why?
- d. List at least five beliefs that you inherited from your early development concerning sexuality and gender.

3. PERSONALITY CHARACTERISTICS

- a. Describe how the addiction cycle fits your history of sexually abusive behavior.
 - i. List five things that you believe about sex that allowed you to abuse people sexually.
 - ii. Describe how you applied these beliefs to your victim(s).
 - iii. Describe your sexual thoughts/fantasies/preoccupations as they apply to your sexually abusive behavior.
 - iv. Identify five behaviors that you participated in that facilitated/enhanced your sexually abusive behavior.

- v. Describe your sexually abusive behavior in detail.
 - vi. Describe what you told yourself about yourself that led you to experience shame (a negative feeling about who you are as a person).
 - vii. Describe what you experienced externally that led you to experience guilt (a negative feeling as the result of the consequences of your behavior).
 - viii. Identify how your sexually abusive behavior led to unmanageability and describe the areas of your life that became unmanageable as the result of your sexual behavior.
- b. Describe any other addictive behavior that you have participated in historically (for example—drug/alcohol addiction, cigarettes, food, gambling, etc.).
 - c. Which word describes you better: aggressive or non-aggressive? Why? In the past, how have you been aggressive/non-aggressive?
 - d. Which word describes you better: social or non-social? Why? In the past, how have you been social/non-social?
4. ENVIRONMENT
- a. Describe your general living conditions just before you committed your sexually abusive behavior. Who were you living with? Where were you working/going to school? How were your relationships going? What kind of things were on your mind/making you stressed?
 - b. Describe at least five environmental factors that contributed to your sexually abusive behavior.
5. PRECONDITIONS
- a. Describe what attracted you to your victim. What was your motivation to have sexual contact with that specific person?
 - b. How did you overcome your internal inhibitors (how did you convince yourself that what you were doing was okay)?
 - c. How did you gain access to your victim in a place you thought you could get away with the sexually abusive behavior?
 - d. How did your victim resist your sexual advances? How did you overcome that resistance?