



Quick-Stop Plan

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To help you think about your own plan, here are all the top-tips from 'Help! I want to STOP' – over 60 things to do to help you beat your compulsive use of child-porn.

Motivation

TOP TIP #1: Make a list of why it is you want to stop now. Why not before, and why not later? Is anyone else involved in your decision? How would making a break with your use of child-porn be a positive experience (and how will it change your current life)?

TOP TIP #2: Who is worth giving up the child-porn for? Is it you, your partner(s) or your children? What is about yourself or other people that will benefit when you change your life? Be positive and give yourself plenty of encouragement to be positive about you and the people around you that might give you the reason to quit.

TOP TIP #3: Keep a journal and write these hopes down – these are your goals. Next, for each goal, make a list of steps that you'll need to take to achieve these goals. Think about how you'll enjoy taking each step – how will you feel after each achievement?

TOP TIP #4: Write down all your skills, strengths and things you're good at on a piece of paper. Then put this list in order of what you're best at. Take the top three or four strengths and use those as the basis for your own programme.

TOP TIP #5: Take some time to consider the human needs set out in the Good Lives Model and by Karen Horney and pick out the ones that have the most meaning in relation to your life. Does going on to the internet and viewing child-porn, or writing child-sexual stories for erotic fiction sites, or seducing children online meet some or all of these needs? How else can you achieve your potential in a way that's better for you and the children concerned?

TOP TIP #6: When you start to feel anxious about the consequences of your use of child-porn tap the top of your left hand with your right middle finger. Repeat this every time you feel anxiety, panic or other negative emotion about the behaviour you want to stop – keep building up the association between fear consequences and the tapping feeling on your hand. Once you've built up this association, the next time you have a craving to go online for child-sex, start tapping your hand – you should find that your anxieties return and undermine your craving!

TOP TIP #7: Consider how you would feel if you were sent to prison, released on probation and had to sign the Sex Offender Register. How would you cope with the threat of harm in prison? What would it be like not to have any control over where you lived and to have to report your

activities to a Probation Officer, and then be required to attend a group based programme where you disclose your offences? If you keep your child-porn life secret now, how would it feel to risk exposure through the opening up of the Sex Offender Register or when you have to disclose your offences when applying for work?

TOP TIP #8: Establish where you are on your own change cycle and think about what you need to do to move on to the next stage. Be supportive and kind to yourself and let your enthusiasm run away with itself – if you can't, let someone else do that for you.

TOP TIP #9: Think about whether you are more confident online than in everyday life and, if so, how does your lack of confidence show? Apply the confidence building techniques to these situations and practice them every day *in every aspect of your life*.

Preparation

TOP TIP #10: When you experience a pro-child sex thought, feeling or behaviour, make a note at that moment of the steps leading up to then. This will help expand your awareness of 'preparatory' thoughts etc.

TOP TIP #11: Make a list of each 'Me' you are (husband/father/son/colleague/boss/lead guitarist in band/Boys' Brigade Company Officer/distributor of child-porn etc). Then for each 'Me' list your characteristics (confident/scared/trusting/funny/angry etc) – you can sort them out into *pros* and *cons* if you wish. Are you different in various situations?

TOP TIP #12: Consider yourself from each of these four perspectives – does a 'bigger picture' emerge? What can you learn about yourself? What makes you fulfilled and unfulfilled? What do you need to do to change what makes you unfulfilled?

TOP TIP #13: Consider your potential blind spots and distorted thinking, then complete Johari's Window for yourself. As this will only be about half the picture, ask those around you for feedback on what they know about you, or how they see you. They do not have to know this is about your use of child-porn – it may well be a straight-forward personal development programme. From the results, see what you need to raise awareness of, or bring out into the open, to feel stronger and more fulfilled.

TOP TIP #14: Keep a daily journal or mood diary and make a note of when you were involved in child-sex activity and what your thoughts and feelings were before, during and after each event. Take time to review changes and think about emerging patterns that support the child-sex related behaviour you are trying to stop.

TOP TIP#15: On a sheet of paper, map out exactly what you do regularly and make a note of what you also do occasionally. Is there a pattern of times and circumstances? Consider what you could do to disrupt that pattern.

TOP TIP 16: Make a list of all your online child-sex activity and sort the list in order of seriousness (harm to the child/breaking the law/what you think is more extreme etc). Think about whether you are building up to more extreme activity. If your pattern seems random, and there's no general build up, what was happening around the time you accessed the more hardcore material.

TOP TIP#17: Map put your objectives for using child-porn using this template and then adapt it to your own circumstances. If any of these objectives didn't immediately occur to you, think about whether it *is* a motive that you were not conscious of, or whether it just *isn't* a motive for you.

TOP TIP #18: Keep a journal log of the COPINE category of pictures/videos/stories you have searched for and viewed whilst surfing. Also keep a note of whether your objective is *primarily* boys, girls or both. By building up a 'focus table' over the next few times you access child-porn, you'll have a deeper understanding of your needs when it comes to stopping. This is not encouragement to keep going if you wish to stop now – you can complete this table from memory for the last few times you surfed for child-sex material.

TOP TIP #19: Review your child-porn library using the COPINE scale and note or estimate (for a large collection) how many of your pictures/videos/stories fit each scale. Note/estimate how many in each category relate *primarily* to boys, girls or both. Once you have done this, make a note/assessment of how your library would be categorised under the PICS/RSACi system to assess how the police would categorise your child-sex activity.

TOP TIP #20: Compare the quantity of your child-porn searches or collection with your searching and collecting of other extremely stimulating subjects (note that extreme stimulation might feel like being numb, or you might feel your heart pounding, experience erection etc). What proportion of your overall collection or viewing is taken up by child-porn? What does this indicate about your wider needs and your relationship with the internet?

TOP TIP #21: Compare the Johari's Window for your online and offline identities and draw out the characteristics you want to enhance and those you want to play down, or stop. Incorporate these lists into your stop goals and regularly check how you're doing.

TOP TIP #22: Consider how much time and energy goes into protecting and administering your child-sex activity and personal collection. How would you be able to use this time is a more positive and healthy way when you stop? How will it feel not to have the anxieties about ensuring your collection is safe, catalogued and complete? Add this to your list of reasons to stop.

TOP TIP #23: Think about how child-sex is part of your offline world and how it influences you. Check the Emergency Stop plan and seek help if you need to. Consider how this relates to your reasons to stop and seek help now.

TOP TIP #24: For each of your child-sex behaviour, thoughts and feelings, what level of risk would you apply

(harm and likelihood). Do you think that the level of risk you apply would be the same as that applied by the police or courts? Considering the level of risk for your activities helps put your child-sex life in a wider social context.

TOP TIP #25: Consider Wolf's 'cycle' and Finkelhor's 'preconditions' together – do you recognise any of your experience in Finkelhor's preconditions (which act as Wolf's predisposing factors)? Map out a table of how the factors have been present in your life. If the predisposing factors weren't present, think about what your own preconditions to an interest in child-sex are – what would your own list consist of?

TOP TIP #26: How does Wolf's cycle of abuse relate to your behaviour on the internet? Map out Wolf's cycle adding examples of your experience to each his stages. If his cycle doesn't fit at all with your experience, how would your 'cycle' look? Finkelhor's simpler four-stage process might help you keep it simpler. The important thing is to consider what stages you go through before, during and after your child-sex behaviour on the internet.

TOP TIP #27: Think about your own approach to your child-porn activity. Do feel out of control or a failure? Or do you feel what you're doing does no harm, or is extremely enjoyable and worth planning for? You might have avoidant *and* approach feelings depending on your mood or self-identity at the time, or for different behaviour. Make a note about your approach for each type of behaviour (eg viewing pictures, reading stories, collecting pictures, sharing pictures etc).

TOP TIP #28: Consider your feelings about the harm that children experience – does the thought that the children suffer stimulate you? If so, is it a positive or negative stimulation? If you are not stimulated by the thought that the children have suffered, why do you think that is? Note how you feel – this is valuable information if you choose to seek professional help as part of your stop plan.

TOP TIP #29: How is your child-porn described and marketed when you are accessing it? Does the description put the child in control, or finding the sexual experience pleasurable? How does this square with the overwhelming evidence that the children, although compliant, are extremely traumatised by sexual experiences with adults?

Action

TOP TIP #30: if you feel it's safe enough, make up a folder with five sections corresponding to the five parts of the 'Help! I want to STOP' programme. Write out and store your 'top tip' tasks so you can easily refer to them every day (and especially when you're feeling a bit wobbly).

TOP TIP #31: When you stop, pay close attention to the 'in-between' behaviour, ie what activities or behaviour have you substituted for the child-porn. Is it related to children? Is it related to sex or other feelings? If so, you may be storing up potential problems later on as you might still be acting on child-sexual motivations.

TOP TIP #32: Consider writing up some scales for your own behaviour, thoughts and feelings. Give a typical example for each scale, for instance if you have a scale of 1 to 5 for each you might set 1 to be 'no change' and 5 to be 'positive change' with 3 steps of evidence in between.

TOP TIP #33: Set up a Word or Excel (etc) document as a daily diary to record your thoughts, feelings and behaviour based on your own scales (or ones that have meaning for you). If you're setting up a table in Word, you can copy and paste it onto a new sheet for each day. As you get more comfortable with measuring your progress, you might find that your table becomes more complex and specific to your needs, or where you are on your programme. Keep an open mind and be flexible, but the most important thing is to build up a routine of recording your progress. If you're worried about exposure you can password your document.

TOP TIP #34: Make a list of your SMARTER goals, giving examples of each element. Sort the goals in time order, ie goals for today, this week, the next month etc. It is useful to have specific written goals set aside for when you're feeling vulnerable and not thinking straight so that you can just follow a safe plan you have made in advance – these plans may have short deadlines like 'leave the house now' or 'phone a friend just to get through the next hour'.

TOP TIP #35: On a sheet of paper, write out a list of all the things you can think of that can be realistic, consistent and motivating as rewards. Then match these to the appropriate timescale or level of goal, eg 'weekly goals might get the following rewards...', or 'when I get through a bad craving I will...'.
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TOP TIP #36: Before you leave this site, imagine a date on which you are going to quit child-porn forever. Then imagine what it would be like without all the hassle that you face now (the secrecy, fear of getting caught, child-sex taking over your life, the impact on your family, social and working life...). Finally, imagine what it would be like if you didn't give up and the police knock on your door the next day. Make a note of your date and commit to preparing yourself.

TOP TIP #37: On a scale of 1 to 10, with 1 being 'not at all' and 10 being 'absolutely', rate yourself on the following comments:

- I want to be cured
- I am more likely to give up quitting child-porn if there is no cure
- I am confident I can change my lifestyle
- I will need help to change my lifestyle

Your responses to these points will give you some insight into your confidence, which you can incorporate into your Stop plan.

TOP TIP #38: Are you expecting a stressful life event? Have you used child-porn to deal with your feelings in the past? If so, how will you cope with the stress? Are there people around to support you? If not, look up people or agencies you can seek out for support, make a list of their contact numbers and call them.

TOP TIP #39: Consider your own experiences of loss – have these experiences changed the way you perceive life, your responsibilities and the risks you take? Do you feel your losses are resolved and you are at peace with them? If not, think about the support you might want – grief counselling for instance. Google support agencies in your area and be aware of how you might be able to get help.

TOP TIP #40: What have you got to lose if you're convicted for using child-porn and sent to prison? How will you deal with these losses? Consider how you normally deal with loss emotionally, physically and the way you think – will prison restrict how you normally deal with loss?

TOP TIP #41: Think about the stages of loss and growth in giving up child-porn. How might you deal with each stage? What would it be like to reach the stages of growth and fulfilment, and how would your life change? Consider whether this loss is to be feared or welcomed. Then think about whether the stages of loss and growth would be different if quitting child-porn was forced on you following arrest – would the process be more difficult? Incorporate your thoughts into your motivations and plans to stop.

TOP TIP #42: If you're going it alone, make a list of helplines you can contact anonymously for the occasional advice and support. Keep the numbers in your wallet so they're always available. Helplines don't trace your call and you don't have to give any identifying information so don't be afraid to make that call if you need to.

TOP TIP #43: Contact local therapists and support groups and ask them about their professional attitude to sharing responsibility. How would they deal with a high-risk situation like you feeling sexual towards your own children or chatting up a neighbour's child? What support could you expect out of hours and what is the structure of the help (is there a programme/can they work with the 'Help! I want to STOP' programme)? This will help you get a feel for how you might be able to share the pressures of giving up child-porn.

TOP TIP #44: Above all, TAKE ACTION NOW. Even if it's not quitting just yet, commit to at least considering it and weighing up the pros and cons. You CAN break free from child-porn and now is as good a time as any to make that happen.

Why Me?

TOP TIP #45: Think about what your brain is doing when you're actively involved in child-porn. At that moment are you *thinking* about it, or is it mostly a *sensation*, or does it seem like you're acting on *instinct*? This may change throughout the process, so at some points thinking is more prominent than feeling, whilst at other points you may not feel or think anything but be acting on impulse – what is *your* experience?

TOP TIP #46: Consider whether you might benefit from medication and/or psychotherapy. Who would you need to talk to to get more information? What independent resources are there to help you consider the pros and cons of each treatment method? Make a note and add this information to your list of resources.

TOP TIP #47: Consider your beliefs about your behaviour – do you believe that you are conscious and thoughtful about your motivations, or do you feel compelled but don't know why? What do you want people who can support you to believe? When you develop a programme to stop for yourself, do you want to focus on your behaviour, the underlying reasons for your behaviour or both?

TOP TIP #48: Think about what happens when you download child-porn – is the purpose always to masturbate to orgasm? What is *your* aim – what do you set out to achieve (if you don't know, think about this the next time you go online for child-porn). Awareness of your aim will help you understand your motivations and help you plan to stop.

TOP TIP #49: Consider your history of sexual fantasy – do you remember any childhood sexual thoughts towards adults. As a teenager or adult, when you were developing sexually, did you fantasise about sex with one or other of your parents? You may not have, but it is possible that part of your enjoyment of child-porn is the *making real* of your incest fantasy through relating to the child in the picture (according to Freudian theory). Consider whether you relate to the boy(s)/girl(s) or the adults, or both, in the images, stories etc.

TOP TIP #50: Have you ever felt like things that used to be important to you (family, friends, job etc) have become much less so since you discovered child-porn? Has the initial excitement dulled down so now you need to push the boundaries more? This might be because the child-porn is over-valued.

TOP TIP #51: Obsessive and hysterical symptoms are quite common in most people's lives – in what ways might you be prone to obsession or hysteria (seeking the help of a professional therapist might help you here)? How does obsession or hysteria make its way into your online child-sex activity? Make a note of this and use it to inform your stop goals.

TOP TIP #52: Make two lists – one for what you believe about children and sex, and the other for how you go about accessing child-porn online. For each list think about what other people around you might believe or do in similar situations – would they think that your beliefs were distorted (from the norm)? In what way? What would you need to do to challenge your beliefs, thoughts and behaviour to help you stop your use of child-porn?

TOP TIP #53: Make a timeline of your life (draw a line across a sheet of paper – mark '0' at the beginning and your current age at the end of the line, you can divide the line equally into age/years if that helps). Now note the age at which you remember links between children and sex. Write down the circumstances – was it a book, film, advert, overheard someone etc. Finally, note how it influenced your thoughts about children and sex. You may need to keep coming back to this exercise as memories surface, but it might help you build up a picture of how your current beliefs have developed – and how you might start to 'undo' some of that learning.

TOP TIP #54: What are your positive and negative reinforcements for using the internet (or your computer) for child-sex? Make two lists – one for the positive experiences/benefits of using technology and the other for your experience when you don't have access to that technology for child-sex. It might help to divide the list up into the online/offline identities you have (for instance you might use your mobile phone for child-porn, but that's not all you'll use it for). Once you have made the list, for each point identify options that are safer and not child-porn related – this will help you identify choices when your sex hormones are kicking in and you might be undermining your capacity for good judgement.

TOP TIP #55: Have a self-help plan. You can use the Help! I want to STOP 'top tips' to build your own plan or use the ready-made programme. It is important to practice and keep going – change is difficult at first, but it does get easier quite quickly as your brain adapts to new information and ways of thinking. Keep aware of the link between your mind and your actions and remember you are in charge – you don't need to be controlled by your interest in child-sex.

TOP TIP #56: Consider your own relation to the technical world – how much of an influence does the computer have on your life? Are you withdrawing more and more from real physical sexual contact with adults in favour of virtual sex with computerised images of children. Are the kids that you talk sexually with on ICQ real human beings affected by you or are they just another aspect of your virtual world. Your answers to these questions will help you understand the context of your motivations.

TOP TIP #57: Think about your experience of the consumerism and marketing of child-porn. Serious amounts of money are being made in the production and trading of child-sex and marketing techniques are becoming more and more commonplace. To what extent are you being used by the marketing machines of these organisations? How do they keep you as a customer (as opposed to another provider?). What is it like for the children being reduced to a commodity to be consumed for profit?

Getting Help

TOP TIP #58: Make a list of who you believe you are responsible to (for instance, the child(ren), their parents/caregivers, your family...). For each person, make a note of why you feel responsible to them. Then make a list in each case of any barriers to telling them. Incorporate this list into your motivations and action plan.

TOP TIP #59: Make a list of who to talk to, what it is you need from them, and how much you want to tell them. Be positive and creative, because letting people know you need their help can be an enjoyable and rewarding experience - for you and for them. Once you have made your list, set deadlines and make a commitment to follow through your plan.

TOP TIP #60: consider what skills and experience you would like to build and then think about who might help you do this appropriately. Is it someone who has gone through what you're experiencing now, or is it someone with professional training and experience? How might you get in touch with them?

TOP TIP #61: ask your professional helpers what professional bodies they belong to and what code of ethics or rules they are required to adhere to. It is good practice for any professional to be open about this information. You may particularly want to know about their disclosure requirements – these will be the circumstances in which the professional is obliged to inform your family, other professionals or the authorities about your behaviour. Also check whether the professional is supervised.

TOP TIP #62: How do relate to the children in the videos, pictures or chatrooms? How do you relate to other men who are into child-sex? Do these relationships tally with the helping relationships (they might, but maybe in a reverse way)? How much more successful would your stop plan be if you took time out to explore with a professional how you relate to your world and how you might be freed from old relationship 'straightjackets'.

TOP TIP #63: Is there a support group in your area? Make contact and find out how and when you can join the group and what your expected participation is. If there are no groups specifically for child-porn use, try widening the criteria (all internet-porn use, all sexual or relationship problems, men's groups etc).