

# Sexual History

## Instructions for Completing Part One

Part One deals strictly with sexual victims. **Part 1** contains information about victims who are victims where you have **physically or at a distance**, for your sexual pleasure or with sexual motivation used a victim of any age. Hands-on victims also include anybody of any age that has touched you as a result of your manipulation of that person. A separate Victim sheet must be filled out for each victim you are reporting. If you have thirteen victims, then you will have 13 victim sheets.

1. Complete a Victim Sheet for each and **every** victim you have ever had. Use additional paper, include the number of each question prior to your complete answer. If you need additional space for each victim, add notebook or typing paper, do not write on the back of the forms.
2. When requested to report the sexual contact you had with each reported victim, list every individual sexual act you did with this victim you are reporting. If you had sexual intercourse, oral sex, fondling, use of vibrators, penetration with fruit or vegetables, list every separate act and **be specific**. Be certain to tell the story of what happened in order to be complete.
3. When requested to report how many times you offended each victim it is understood that you probably will not be able to give a specific number that is 100% accurate. An "honest estimate" is required. For example, you will easily know the difference between two or three times versus more than fifty. Simply give an honest estimate of how many times you had sexual contact with each victim. **Tip:** Minimization will usually result in the failure of your polygraph exam. Think in terms of a maximum amount possible.
4. Be very specific in explaining exactly how you were able to get the victim to remain silent. List the use of force, threats, promises, bribes, gifts, special treats, etc. If you groomed a victim tell **exactly** how you groomed them. If you used force of any kind, tell exactly what kind of force was used and how you used it.
5. **What is a victim?** A person may sexually offend a person and make that person a sexual victim in a number of different ways.
  - A. If you are **under** the age of eighteen (18) and you have deliberate sexual contact with a **person three or more years younger** than you, even by *mutual consent*, this person is legally a sexual victim. This section applies **ONLY** before you were eighteen (18) years old. If you had any kind of sexual contact including sexual exploration ("show me yours and I'll show you mine"), interactions, or any deliberate sexual contact where the other person was three years or more younger than you were, then they are a sexual victim. Offenders usually find victims in this category who are younger brothers and sisters, younger cousins, younger brothers and sisters of their friends, friends of the family, neighborhood kids, etc.
  - B. After you turn eighteen (18) the law says you **cannot** have any sort of sexual contact with anybody under the age of eighteen (18). So, if you had younger girlfriends after you turned eighteen, legally they are victims. Most commonly, offenders have sexual victims many years younger than them, but they also sometimes dated people under eighteen when they were eighteen through twenty. Remember, eighteen is the age that you turn into an adult and sexual contact with anybody under

the age of eighteen becomes a sexual victim.

- C. Any use of force to accomplish a sexual act, not necessarily intercourse or oral sex, is clearly a sexual offense. Use of force does not necessarily mean beating someone or kicking them. It can be holding them down, shoving, threatening physical force, etc. If you have used even the slightest force then you must report the person to whom you did this as a sexual victim.
- D. If you had sexual contact with anybody who was so under the influence of either alcohol or drugs (or a combination of both) that they could not consent or refuse, then they are a sexual victim. If you have victims in this category you must report if you furnished them alcohol or drugs intentionally to get them drunk or drugged so you could take advantage of them sexually.
- E. If you had sexual contact with anybody who was intellectually incapable of consenting or refusing then they are a sexual victim. Normally, this includes those people who are considered retarded, slow functioning, disabled, deaf, blind, etc.
- F. If you “frottage” a person then you have another sexual victim. Frottage is basically rubbing yourself against another person for your own sexual pleasure. Usually this is done in crowds, and you “accidentally on purpose” bump or rub up against them, making it look like an accident. Also a number of people do this in crowded buses, trains, escalators, elevators, airports, etc.
- G. If you have ever exposed your genitals in public view and someone saw you then they are a victim. Public view means actually outside in the public or in a building or structure or car and you expose your genitals so someone might see you. In other words, if you are in a house and are standing in the window exposing to someone walking by, then this is in public view. If you are inside a vehicle and exposing yourself or masturbating where anybody might see you then you are in public view.
- H. If you were inside a residence or other building and exposed yourself to someone inside the building then they are a sexual victim.
- I. If you, in any manner, peeped through key holes, windows, doors, under doors, holes in a wall, around curtains, or in any other way to see someone dressing, undressing, having sex, etc., then they are a victim even if they do not know you did this. Commonly offenders will do this while people are dressing, having sex, using bathroom, taking a bath or shower, etc. Any act that is deliberate and intentional needs to be reported.
- J. Any time you have made any telephone calls where you hid your identity and said sexual things to the person you called, then you have made an obscene phone call. Include in this category, calls for sexual talk on 800 and 900 phone sex calls.
- K. Any time you deliberately talk in a sexual or vulgar manner in front of anybody for your own sexual pleasure then you have another sexual victim. This section includes computerized communication where you “chat” and talk dirty. Even though the person might be returning the “chat”, you have a victim because you do not know for certain that the person is of an appropriate age.
- L. If you molest anybody and others are watching, then those you are subjecting to watching you are also victims. This is commonly seen with younger siblings of the person being molested or younger siblings of the offender.

## Part I

# Victim Sheet

Your Name: \_\_\_\_\_ Date: \_\_\_\_\_

Part I of your sexual history refers to the number of victims you have molested or otherwise offended against. You must think back to **anyone** or any situation that involved a "**lack of consent**". Remember, this section applies to those sexual activities where you were the perpetrator, and a **victim** was involved. Each victim must be discussed separately. Answer these questions for the first victim and then start over on a **new page for each additional victim**.

1. **Name of victim** \_\_\_\_\_
2. **Age of victim** \_\_\_\_\_
3. **Your age at time of the offense** \_\_\_\_\_
4. **How did you know this victim?** (relative, neighbor, friend, etc.)  
\_\_\_\_\_
5. Specifically, and in **DETAIL** describe what sexual acts did you do with this victim.

Begin with the first time and describe everything that happened.

List every different sexual act you did with this victim, that you attempted to do with this victim, and any sexual acts you had the victim do to you. **Use additional paper if necessary, and attach to this form.**

6. How many different times did you victimize this person? If you cannot recall the exact number of times you offended with this victim, report an **honest estimate** of how many times and do not minimize.

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7. Where did the offense take place? Name all of the different locations.

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8. **How did you get the victim to do what you wanted?** Describe how you got the victim's cooperation. Sometimes victims cooperate because of fear, threats, status, etc. Be specific in answering this question. If you did not say anything, but you used some kind of force, bribe or trick, be sure to say what type it was.

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9. **How did you get the victim to remain silent?** We need to know how you were able to keep the secret. Remember, sometimes victims don't tell because of things like size, age or your position in the family.

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10. **How did you get caught?** Did the victim report you? Did you turn yourself in to some authority? Did a third person find out and report?

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# Sexual History - Part II

Describe **ALL** your sexual activities other than the involvement with your victims. Avoid minimizing this portion of your history. Your job is to report everything you've done sexually. Estimate higher than the highest number of times you believe you have done something, round your numbers up.

## 1. Masturbation History and Cycles

- A. At what age did you start masturbating? \_\_\_\_\_  
What was/is the highest frequency of masturbation during your teens \_\_\_\_\_
- B. How often do you masturbate now? \_\_\_\_\_
- C. What have you penetrated yourself with while masturbating? What objects; how often do you do this, and when was the last time you did this? \_\_\_\_\_  
\_\_\_\_\_
- D. What clamps, clips, beads, strings, other objects have you used? \_\_\_\_\_

## 2. Uses of Pornography

Pornography means any sort of magazines, movies, pictures, cards, videos, etc. that excite you, arouse you, or are sexually stimulating to you. It can be Playboy, Sears or J. C. Penney's catalogs, hard core porn, Red Shoe Diaries, or special scenes from movies, tapes, pictures, commercials, stories, national geographic magazine, etc.

- A. At what age did you first use any pornography? \_\_\_\_\_  
Have you ever had nude photos of self or others you know \_\_\_\_\_  
Have you ever EXPOSED your genitals to another person \_\_\_\_\_  
Have you ever asked someone to expose their genitals to you \_\_\_\_\_
- B. What types or kinds of pornography have you used? Video magazines pictures  
List the *names* of the specific magazines you used. \_\_\_\_\_  
Did you ever have subscriptions to anything? \_\_\_\_\_
- C. What pornography did you look at on the computer? \_\_\_\_\_  
What was the most you have ever owned \_\_\_\_\_
- D. When was the last time you used pornography as an aid to masturbation?  
(Month and year) \_\_\_\_\_
- E. Where did you get your pornography? \_\_\_\_\_  
What web sites did you visit most? \_\_\_\_\_  
What was/is the frequency that you visit pornography sites \_\_\_\_\_  
What chat rooms or sex discussion groups do you go to \_\_\_\_\_  
What "affairs" have you had with people on the net \_\_\_\_\_  
What pornography have you shared or received from others online \_\_\_\_\_
- F. Are you in possession of any pornography right now? Do you have any at home, hidden anywhere in your room, or outside anywhere, or is anyone keeping your pornography for you? \_\_\_\_\_  
Describe what pictures excite you the most \_\_\_\_\_

### 3. **Frequenting Adult Bookstores**

- A. Have you ever gone inside any adult bookstores?      Yes      No      Maybe
- B. How often do or did you visit adult bookstores? \_\_\_\_\_
- C. Did you use the peep booths in the adult bookstores?      Yes      No      Maybe
- D. Did you masturbate inside the peep booths? Who?      Yes      No      Maybe
- E. Did you peep on anybody in the peep booths?      Yes      No      Maybe
- F. If you went inside a peep booth with another person what sexual acts did you perform with this person? Who was this person? \_\_\_\_\_
- G. Where are the adult bookstores you have visited? \_\_\_\_\_
- H. When and where was the very last time you visited an adult bookstore?  
\_\_\_\_\_

### 4. **Public Restrooms for Sexual Purposes or Anonymous Sex**

A public restroom is a restroom open to the public and they are located in public parks, rest stops on highways, department stores, shopping malls, bars, restaurants, at work, etc.

- A. How many times have you masturbated in a public restroom? \_\_\_\_\_
- B. Have you ever had sexual contact with another person inside a public restroom? If so, what sexual acts did you and this other person engage in? \_\_\_\_\_
- C. Did you use any sort of communication system in the public restroom such as foot tapping, holes in the stalls, recognition of shoes, etc.? If so, which one was used, and describe how you began using this method. \_\_\_\_\_
- D. Where and when was the last time you visited a public restroom for sexual reasons?  
\_\_\_\_\_
- E. Describe the episodes where you engaged in sex with an anonymous partner:

### 5. **Cross Dressing**      Cross Dressing involves wearing the clothing of the opposite gender for *sexual reasons*.

- A. Have you ever dressed in clothing of your opposite gender for sexual reasons?  
\_\_\_\_\_
- B. Did you buy this clothing or did you use clothing belonging to a person you know?  
\_\_\_\_\_
- C. Have you ever stolen clothing to wear from anyone?      **YES**      **NO**
1. A relative/friend/girlfriend? Who and when:
2. A store? What store and when:
- D. Do you masturbate while wearing this clothing? \_\_\_\_\_ **YES**      **NO**
- E. Have you ever used any under garments (bras, underwear, slips) to try on, wear, etc.?
- F. Have you ever been sexual while wearing this clothing or undergarments?
- G. When was the last time you dressed in clothing of the opposite gender?

## 6. Sex with Animals

What sexual contact have you had with animals? Have you ever masturbated any animals, attempted to have intercourse or actually had intercourse with any animals, had animals' lick your genitals, penetrate you, etc.? Most people have had some sort of contact with an animal and most sex offenders unfortunately are more embarrassed to reveal this, than to reveal their sexual molestation of children.

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Circle your answer to the following questions and add more pages for explanations of any item:

- |     |                                                                                                                         |            |    |         |        |       |    |       |   |   |   |     |
|-----|-------------------------------------------------------------------------------------------------------------------------|------------|----|---------|--------|-------|----|-------|---|---|---|-----|
| 1.  | How many piercing do you have on your body:                                                                             | 0          | 1  | 2       | 3      | 4     | 5  | 6     | 7 | 8 | 9 | 10+ |
| 2.  | What is your sexual preference:                                                                                         | Males      |    | Females |        |       |    |       |   |   |   |     |
| 3.  | How many sexual history polygraphs have you failed:                                                                     | 0          | 1  | 2       | 3      | 4     | 5+ |       |   |   |   |     |
| 4.  | How many months have you been in therapy:                                                                               | 6 or less, |    | 6-12    |        | 13-24 |    | 25-48 |   |   |   |     |
| 5.  | Have you ever exposed your genitals, breasts, buttocks:                                                                 | YES        | NO |         |        |       |    |       |   |   |   |     |
| 6.  | Have you ever Peeped on another person even accidentally:                                                               | YES        | NO |         |        |       |    |       |   |   |   |     |
| 7.  | Have you ever paid for sex or been paid for sex:                                                                        | YES        | NO |         |        |       |    |       |   |   |   |     |
| 8.  | Have you ever had sex with someone who is passed out or unable to consent due to illness, drugs, alcohol or incapacity: | YES        | NO |         |        |       |    |       |   |   |   |     |
| 9.  | How many treatment programs have you been involved with:                                                                | 0          | 1  | 2       | 3      | 4     | 5  |       |   |   |   |     |
| 10. | Have you ever seen child pornography:                                                                                   | YES        | NO |         |        |       |    |       |   |   |   |     |
| 11. | Do you have a computer:                                                                                                 | YES        | NO |         |        |       |    |       |   |   |   |     |
| 12. | Do you have computer internet access at home, friend, family:                                                           | YES        | NO |         |        |       |    |       |   |   |   |     |
| 13. | Do you go to internet chat rooms to visit with people                                                                   | YES        | NO |         |        |       |    |       |   |   |   |     |
| 14. | Have you ever met with anyone you met in a chat room                                                                    | YES        | NO |         |        |       |    |       |   |   |   |     |
| 15. | Do you have a history of looking at pornography on computer:                                                            | YES        | NO |         |        |       |    |       |   |   |   |     |
| 16. | Have you ever made an obscene phone call, dirty call or 900:                                                            | YES        | NO |         |        |       |    |       |   |   |   |     |
| 17. | Have you ever had a three-some or group sex:                                                                            | YES        | NO |         |        |       |    |       |   |   |   |     |
| 18. | Have you traded sex for drugs or drugs for sex:                                                                         | YES        | NO |         |        |       |    |       |   |   |   |     |
| 19. | Ever "pimped" someone or been "pimped":                                                                                 | YES        | NO |         |        |       |    |       |   |   |   |     |
| 20. | Ever intimidated or threatened a partner into having sex:                                                               | YES        | NO |         |        |       |    |       |   |   |   |     |
| 21. | Ever begged for sex from someone:                                                                                       | YES        | NO |         |        |       |    |       |   |   |   |     |
| 22. | Ever been to a nudist club or nude beach/hot springs:                                                                   | YES        | NO |         |        |       |    |       |   |   |   |     |
| 23. | Have you ever rubbed up against someone in a crowd :                                                                    | YES        | NO |         |        |       |    |       |   |   |   |     |
| 24. | Have you ever had oral sex performed on you:                                                                            | YES        | NO | male    | female |       |    |       |   |   |   |     |
| 25. | Have you ever performed oral sex on another person:                                                                     | YES        | NO | male    | female |       |    |       |   |   |   |     |
| 26. | Have you ever had vaginal sex:                                                                                          | YES        | NO |         |        |       |    |       |   |   |   |     |
| 27. | Have you ever had anal sex:                                                                                             | YES        | NO | male    | female |       |    |       |   |   |   |     |
| 28. | Have you ever used enemas for sexual excitement:                                                                        | YES        | NO |         |        |       |    |       |   |   |   |     |
| 29. | Ever had sex with someone under the age of 12:                                                                          | YES        | NO |         |        |       |    |       |   |   |   |     |
| 30. | Ever had sex with someone 13-17 when you were 18+:                                                                      | YES        | NO |         |        |       |    |       |   |   |   |     |
| 31. | Ever had sex with a dead person or animal, or comatose:                                                                 | YES        | NO |         |        |       |    |       |   |   |   |     |

32.	Ever masturbated with multiple partners:	YES	NO
33.	Ever have sexual affairs	YES	NO
34.	Ever have sex with a stranger	YES	NO
35.	Ever have sex with someone watching	YES	NO
36.	Ever watch other people having sex	YES	NO
37.	Ever see a sexual offense occur	YES	NO
38.	Ever have a sexually transmitted disease	YES	NO
39.	Have you ever been violent/aggressive in sex	YES	NO
40.	Are you an alcoholic or drug abuser	YES	NO
41.	Do you use alcohol or drugs	YES	NO
42.	Do you know all your risk factors for reoffense	YES	NO
43.	Do you admit to all elements of your offense	YES	NO
44.	Do you want to have contact with your children or family	YES	NO
45.	Does your family really know what you did	YES	NO
46.	Does your family support your therapy and parole	YES	NO
47.	Will your family participate in chaperon classes & therapy	YES	NO
48.	Will you follow all the instructions on the polygraph test	YES	NO
49.	Have you used sexual toys or sex enhancers	YES	NO
50.	Do you have sexual daydreams, fantasies or thoughts	YES	NO
51.	Do you believe you have a sexual problem	YES	NO
52.	Do you have a couple of sexual thoughts that reoccur	YES	NO
53.	Do you want to live a life free from sexual problems	YES	NO
54.	Do you get angry, irritated, upset or frustrated easily	YES	NO
55.	Have people told you that you have an anger problem	YES	NO
56.	Have you ever attended anger management classes	YES	NO
57.	Have you ever attended parenting classes	YES	NO
58.	Have you ever attended DUII classes	YES	NO
59.	Have you ever had a restraining order against you	YES	NO
60.	Have you ever been sued in court	YES	NO
61.	Do you become violent when you don't get what you want	YES	NO
62.	Have you intimidated, threatened or bullied others	YES	NO
63.	Are you emotionally expressive	YES	NO
64.	Are you open with your feelings	YES	NO
65.	Have you ever been hospitalized	YES	NO
66.	Have you ever been in a psychiatric hospital	YES	NO
67.	Have you ever attempted suicide	YES	NO
68.	Have murdered or attempted to kill someone	YES	NO
69.	Have you robbed or stolen from friends or family	YES	NO
70.	Have you ever tried to beat the polygraph	YES	NO
71.	Have you heard about ways to beat the polygraph	YES	NO
72.	Are you counting on this test to help you in therapy or parole	YES	NO
73.	Are you fully invested in your therapy program	YES	NO
74.	Did you have an opportunity to review all of this in therapy	YES	NO



- |     |                                                       |     |    |
|-----|-------------------------------------------------------|-----|----|
| 75. | Do you expect to pass this test                       | YES | NO |
| 76. | Have you ever had a time where you lost consciousness | YES | NO |
| 77. | Have you ever had a head injury                       | YES | NO |
| 78. | Were you ever the victim of bullies                   | YES | NO |
| 79. | Have you watched another person masturbate            | YES | NO |
| 80. | Have you received pornography from anyone on the net  | YES | NO |
| 81. | Is Child Protective Services involved in your life    | YES | NO |





## 8. Your Victimization

Have you ever been sexually molested by anybody in your life? Only list actual events you recall and do not list any "maybe" or "it seems like it" situations. It is important to your recovery to reveal all of your own victimizations even if it was by a significant other.

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## 9. Other Deviant or Unusual Sexual Practices

Have you performed any other deviant sexual behaviors that are not listed in either part one or two of this form? Have you ever engaged in any other deviant sexual activities that you know are or may be sexually inappropriate, abnormal, strange, unusual, or unnatural?

This includes: group sex, threesomes, masturbation or sex using urine, feces, blood, fruits, vegetables, body parts, meat, dead things, plants, etc. Have you used sexual toys (vibrators, dildos, cock rings, rush, poppers, Spanish fly, penis extenders, blowups, etc.), "phone sex" (800 or 900) numbers, bondage, masochistic or sadistic interactions, leather, beating, hitting, cutting for arousal, handcuffs, suffocation, dressing up, video, audio, photographs (taken of yourself or others,) hiring prostitutes, selling yourself for sex or anonymous sexual encounters.

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Client Signature

Date

Approved by Therapist for Exam

Date