

Denial

Circle the reasons why you denied
your sexual behaviour

I could lose my job

No-one would talk to me

I don't want to get into trouble

Other people will want to hurt me

I'll lose all my friends

Maybe I'll get away with it

If I keep quiet it might go away

Her/his family might beat me up

I won't be allowed to go out

I feel bad/sad/depressed when I think about it

My family won't love me any more

I hate myself when I think about it



I'm too embarrassed

Our family would get a bad name

Maybe they'll believe I didn't do it

I might have to go to prison

I'll never get a job

I don't want to think about it

People will think I'm a nonce or a pervert

No-one will trust me any more

They don't know for sure so why tell them?

I might have to leave home

I might get kicked out of school

Everyone will get to know about what I did

If I admit this, I might have to admit to other things I've done

Denial

Circle the reasons why someone might deny their behaviour



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No-one would talk to me

I don't want to get into trouble

Other people will want to hurt me

I'll lose all my friends

Maybe I'll get away with it

If I keep quiet it might go away

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I feel bad/sad/depressed when I think about it

My family won't love me any more

I hate myself when I think about it

I'm too embarrassed

Our family would get a bad name

Maybe they'll believe I didn't do it

I might have to go to prison

I'll never get a job

I don't want to think about it

People will call me all sorts of names

No-one will trust me any more

They don't know for sure so why tell them?

I might have to leave home

I might get kicked out of school

Everyone will get to know about what I did

If I admit this, I might have to admit to other things I've done