

Factors that Contribute to Deviant Arousal

- Chronic Personal Discomfort (leads to addictive behaviors – including sexual behavior - as primary soothing devices)
- Inadequate Social Support System – Loneliness and Isolation (Family/Friends)
- Proximity and Contact with Past and Potential Victims
- Lack of Adequate Scrutiny and Accountability
- Denial of Relapse Potential (i.e., dangerousness)

Deviant sexual arousal and deviant sexual interest become more serious and more deviant over time – unless abstinence is maintained. This is due to the desensitization that occurs when individuals repeatedly use sexual arousal and sexual behavior as a pleasurable alternative to discomfort. Like other addictions, desensitization to sexual stimulus requires increasing levels of stimulus to achieve similar effects of arousal and removal from emotional discomfort. Since many people's most arousing sexual thoughts stem from their real-life experiences, inappropriate sexual acts become fuel for an addictive fantasy (masturbation) life. As desensitization escalates so does the need to collect ever more stimulating experiences to feed one's addictive masturbation fantasies. Offenders may deny having enjoyed particular abusive acts, and while such statements irritate treatment providers, they may be truthful except that offenders may be reluctant to disclose their real motive for such incidents – collecting more arousing experiences to fuel a deviant fantasy and masturbation life. This problem takes on even more serious proportions when individuals use increasing levels of deviance and mistreatment to increase arousal and satisfaction. Offenders who follow this pattern willfully increase their levels of distortion and denial in attempt to create a context for inappropriate behavior, and may be at greater risk for reoffending.