

Sexual Arousal Graphs (Worling, 1998, 2003): Instructions (2017)

Purpose: *To collect self-report information regarding sexual interests*

Materials: *1 graph for males and 1 graph for females: scale from 0 to 10 on Y axis: various age categories on X axis.
Several Coloured writing utensils*

Directions: (the wording instructions herein are general suggestions only)

(while sitting at a table at 90 degrees from the adolescent, place the graphs in front of the adolescent)

"Now we are going to do some graphs. You've probably done graphs at school, but these graphs help us understand what turns you on in a sexual way. There is one graph for sexual arousal to males in different age groups and one graph for sexual arousal to females in different age groups. Let's start with this one" (I select the graph that is the same gender as the individual and put the other graph to the side).

(point to the first graph) "On this graph, sexual arousal goes from 0 to 10 (point to y axis). Zero means that you would not be sexually aroused at all—that you would not find a person in that category sexually attractive at all. You might even think that it would be gross or disgusting. A ten means that you would be really sexually aroused or turned on. A one would mean that you were just a little turned on, a five would mean that you would be somewhat turned on sexually, and so on. Down on the bottom are males [females] of different age groups." (point to the x axis).

"Please choose two colours, because I am going to ask you to go through these graphs two times. One time will be regarding the thought of being sexual with a person without the use of force—in other words, the person is willing to be sexual. The second time we go through the graph will be regarding how sexually turned on you would be with the thought of using of force—in other words, being sexual with the person but they don't want to."

"Choose one colour for the No Force box and colour it in (point to No Force Box and wait for individual to colour in the No Force box in the legend). Great, thanks. Now colour in the Force box with the other colour (point to No Force box). Thanks."

"Let's do the No Force ratings first, so use that colour first (individual holds the coloured marker or pen that corresponds to No Force box). How sexually turned on would you be with the thought of being sexual with a male [female] aged 0-3, so that would be boys who are newborn, and 1, 2, and 3 years old. Remember, everyone is different regarding what kinds of things turn them on (wait for individual to make their rating), and it's important to be as honest as you can. Now, what about your sexual arousal to males [females] aged 4-6?" Continue through the age groups slowly. When it comes to the "other" category, this is when one can ask about arousal to specific sexual targets that you want to question (e.g., perhaps a sibling).

"Now choose the other colour, the one for the Force box. Now we are going to rate how sexually turned on you would be at the thought of forcing a male [female] aged 0-3 to be sexual—in other words, the thought of being sexual with them but they don't want to be sexual and you would have to force them. Remember, everyone is different, and some people are more sexually turned on when they think of using force and some people are more turned off. For others, it doesn't really change how sexually turned on they would be. How does the use of force change how sexually turned on you would be doing sexual things with a male aged 0 to 3?" (Then proceed through other age groups.)

"Now we are going to go through the same process with the female [male] graph."
(This whole procedure is then repeated with the graph for the second gender)

"Thank you, that is really helpful"

Sometimes an individual will ask something like this; "Do you mean rate it for 'now', or do you mean when I was offending?". When something this occurs, I like to add a third box to the legend and then ask the individual to select a third colour. I then write "At the time of the sexual offending" beside the box, and ask the individual to complete the graphs using a third colour. This may lead to discussions regarding changes in arousal patterns.

It may also be helpful to utilize the completed graphs when discussing related topics, such as masturbatory fantasy and/or sexual media.