Relapse Prevention Pre/Post Assessment Test

1. Cognitive distortions refer to thinking errors or ways that an offender may:
   - Minimize the impact of the sexual behavior on the victim
   - Blame the victim for the sexual behavior
   - Give reasons other than the real reasons for the sexual behavior
   - Any of the above

2. To “lapse” means to:
   - Sexually re-offend
   - Voluntarily engage in a behavior that puts you at high risk to sexually re-offend (e.g. deviant sexual fantasizing)
   - “Give up” on controlling your sexual impulses
   - Any of the above

3. Which of the following can serve as cues (or warning signs) that sexual acting-out may occur if proper steps are not taken:
   - Sexual thoughts about a potential victim
   - Feelings of rejection or anger
   - Isolating and avoiding others
   - Any of the above

4. Which of the following is not part of the sexual assault cycle:
   - Thoughts
   - Feelings
   - Behaviors
   - Coping skills
   - Situations/Triggers

5. “Grooming” the victim would be part of which of the following sexual assault phases:
   - The “pretends to be normal” phase
   - The “build-up” phase
   - The “acting out” phase
   - The “justification” phase
6. Ignoring early warning signals is most likely to occur in which of the following phases:
   - a. The “pretends to be normal” phase
   - b. The “build-up” phase
   - c. The “acting out” phase
   - d. The “justification” phase

7. Shame, guilt, and self-pity are most likely to occur in which of the following phases:
   - a. The “pretends to be normal” phase
   - b. The “build-up” phase
   - c. The “acting out” phase
   - d. The “justification” phase

8. From a relapse prevention perspective, high risk situations should be:
   - a. Avoided whenever possible
   - b. Frequently faced, so as to give the offender practice in using positive coping skills
   - c. Ignored, because thinking about them may trigger sexual thoughts
   - d. Any of the above

9. Which of the following are examples of positive coping skills:
   - a. Relaxation exercises
   - b. Assertive behavior
   - c. Using “stop and think”
   - d. Drinking alcohol to calm one’s nerves
   - e. “a”, “b”, and “c” only

10. Which of the following would represent a “lapse” for a youth who has a history of sexually molesting children:
    - a. Exposing yourself to, but not touching a younger child
    - b. Spending time alone with young children
    - c. Sexually fantasizing about young children
    - d. “b” and “c” only
    - e. Any of the above