

Common Justifications and Minimizations

- I'm clever enough to beat the system.
- If I hadn't been high, I wouldn't have done it.
- I didn't enjoy it.
- This will be the last time, I will control my urges next time.
- She liked it.
- Someone did it to me, so it is OK for me to do it to others.
- Therapists make a big deal out of nothing.
- Nobody's perfect. I'll just break the rules one time.
- I won't re-offend.
- It didn't hurt her.
- I don't need supervision around boys because I only molest girls.
- The way she was dressed, she was advertising.
- I never penetrated him/her.
- You can't understand how I feel.
- I won't do it again because now I know better.
- I only did it once.
- It is not fair that nobody trusts me.
- It is not fair that I can't express my anger.
- Why is it wrong for me to do it, but alright for him to.
- Injury means drawing blood.
- If I can appear respectable, I can get away with a lot.
- I only have a problem when I get caught.
- My parents made me this way.
- The therapist is supposed to make me feel good.
- I don't know (I don't want to admit that I know.)
- I'm the person who should say what I need to change.
- I'm not a bad person, I've just done bad things.
- Everyone does it.
- Society and government is so corrupt, what does it matter if I cheat too.
- I don't need to set goals, I take life one day at a time.
- God put women on earth for men to look at.
- Time will heal all wounds.
- I never hit her.
- I never hit her with closed fist.
- I've already apologized for that.
- We dealt with that with my last therapist.
- Therapy costs too much.
- Therapy takes too long.
- Punishing me won't change the past.
- Now I have no social life.
- I'm being punished for the wrong thing.