

Dear Zachary,

I am writing this letter to you to explain to you why I sexually abused you. When I abused you, I was in control, and I drove the abuse to where it ended. Right now you need to understand that you are in control and you do not have to read this letter, unless you want to. Before you read anything, you need to know that you can stop reading whenever you feel uncomfortable, and you don't have to read this at all. You also need to know that when I was sexually abusing you (touching your private parts) it was completely my fault and my responsibility. You were not to blame in any way for the abuse. You did the right thing in telling Meredith what happened, if you didn't tell her, I would probably still be abusing you, and it wouldn't have stopped until you did say something.

A big reason why I abused you is because I am attracted to boys rather than being attracted to girls. Part of the reason why I abused you is because I was having difficulty dealing with my sexuality, and I wasn't sure how to handle it. Because I wasn't able to handle myself I took it out on you by sexually abusing you. I was selfish and didn't think how my actions were going to affect the people around me.

You were 4 years old the first time I offended you and got caught, and you were 5 years old the second time I sexually offended you and I got caught. You have brown hair and brown eyes, and you wore glasses. You always seemed curious about things, and you seemed like you looked up to me. You were always around, so you and me were always with each other. I took advantage of these qualities to abuse you. Since you were curious I used that because I thought you wouldn't refuse if I asked to do anything sexual with me. I thought you would like to try new things like letting me touch you and you touching me. You seemed like you looked up to me so I used that so you would trust me. I used that because if you trusted me, then I thought that you would let me touch you and you could touch me. Since you were always around, I used that so I could abuse you whenever I wanted. All these qualities are good qualities that I took advantage of to get you to do sexual things with me. Your curiosity will give you drive and motivation in life, which will also lead you to try out a lot of different things. That is a good quality that I used to manipulate you to letting me offend you. You trust people which is a good quality because you let people know about what is going on. I abused your trust in me with having you trust me that what I was doing was okay, when it wasn't.

What I did to you Zachary was a number of things. I normally had you perform oral sex on me, and I would perform oral sex on you. Oral sex is when I asked you to put my penis in your mouth and I put your penis in my mouth. I would also fondle you, fondling is when you use your hands to touch another person's penis. I normally would get you to come into my room or come to your room at night, or when there were no adults around when I would abuse you. I used to ask you if you wanted to play with my lego's because you like to play with them. I told you, that you could if you let me do sexual things to you. I would use bribery to have you let me abuse you.

The first abuse I ever committed on you, I used a grooming behavior (the steps and things I did to let me abuse you) by having us play doctor and we could "examine" each other and I could examine your penis and fondle it. After I would have you examine my penis and touch it. After a couple of times doing that, I asked you if you wanted to start sucking my penis and letting me suck yours. After I asked you to do that for several times, I got caught by your mom and I didn't ask you to do it again until we moved into the other house. When we moved into the other house I came into your room one night and asked if you would like to play "operation" (we called the abuses operation because we started out by playing doctors when I first abused you), you agreed and I had us suck each other's penises. I asked you to do this a lot over the course of 3 months. Sometimes I would ejaculate (white stuff would come out of my penis) sometimes near you, or let you see me ejaculate. Most of the time I would come into your room late at night when everyone was asleep and we would touch each other. Other times I would have us do sexual things during the day when my dad and your mom had band practice, or when we were alone during the day. In about August I got caught again by your mom, and I got in a lot of trouble. I had to go on probation and had to go to court ordered from the state as a consequence of my abuse to you. The next year I saw you and Ross playing with each other, and I asked you if you would do it to me again. You said yes and we touched each other that day, and I abused you once more before I got caught by your mom again.

I used a lot of thinking errors to let myself abuse you. A thinking error is a thought someone uses to let themselves commit or do something bad used victim stance which is a thinking error that someone uses to make people feel bad for them, I used victim stance to myself to pity myself since my life was difficult. I used a

thinking error called justifying, which is when a person finds a reason why they can do or say something. I justified my abuse by saying it was okay because you said “yes” and I was going through a hard time. Even though you said “yes” when I asked you to do sexual things with me there is something important that you need to know. You were not able to consent to me doing sexual things with you because of a couple of reasons. One reason is that you are not as old as me, which means you are not in the same state of mind and you are smaller than me. You did not know what happens when someone does something sexual and you were not fully aware of sex period. Sex is something that two people do together when they love each other and respect each other. It is a healthy thing to do when you are in love, and old enough to understand the consequences and responsibilities of sex. I used a thinking error called “Super Optimism” which is when a person thinks they can get away with anything and that they are untouchable. I used that thinking error because I thought that I couldn’t get caught because I thought that you wouldn’t say anything because I asked you not to. I also used “minimizing” and distant elephants which are when a person makes a situation look smaller than it really is, or fails to see what the consequences will be in the long run. I used this thinking error because I minimized my abuse because I didn’t think that my abuse would be a big deal. I used “distant elephants” because I failed to see that my abuse could and did really hurt a lot of people and their lives.

The reason why I abused you comes down to one simple thing. I was selfish to understand my surroundings and who I was abusing. If I paid more attention to how my abuse could and did affect the ones that I loved. The fact is that I was too selfish because I had problems in my life, so I took them out on you. Now you have had to go through problems because I took my problems out on you. I would like to say sorry that I took everything out on you. Just understand that this was my wrong doing and not yours. It never was and never will be.

My abuse has affected your life in many ways. I have heard from your mom and my dad that you are getting in trouble at school because you are asking kids if they will pull their pants down, and things like that. I also know that you have been having trouble sleeping, and you are having emotional problems since the abuse. I want you to know that all of that is my fault. All of that stuff is consequences of my abuse, and if I didn’t abuse you, I bet you wouldn’t have a lot of that stuff going on. When I abused you if

affected our family because you and I always had to be watched and we couldn't be alone together. Also eventually I had to move out because we couldn't be together, and you missed me being there. When you saw my dad upset that I wasn't there, you thought it was your fault. As I have said, NONE, of that is your fault in any shape or form, all of those things are affects of my abuse to you. Ultimately you and you mom had to move into another house because we couldn't live together. Soon after that your mom and my dad broke up. My abuse has affected many people and these are just some ways that it has affected you personally. I am so sorry that you have had to deal with everything that you have had to deal with, especially because it was my fault.

I am currently still in treatment, and coming up on my second year. Treatment has been helping me a lot, and it has been helping me find my emotions and let myself express them. I believe that I have become a better person since treatment,. I have been working on why I abused you, and ways that I can make sure that I never do it again. I am in a commitment to treatment, I am committed to being abuse free, and swear to never abuse again. I am also currently under probation by court,for 3 years.

If there is any question you ever need answered or if I didn't answer any questions in this letter, than please feel free to ask. This is the purpose of this letter, so that you have a greater knowing of what happened, and why it happened.

I hope that I answered everything for you. And don't forget that nothing was or is your fault, and please be free to ask any questions.

Take Care,  
Josh