Polygraph Workbook
Polygraph Workbook:
Table of Contents

Introduction ........................................................................................................... 3
How to Use This Workbook .............................................................................. 4
Personal Information ......................................................................................... 5
The Polygraph Exam: What You Can Expect .................................................. 6
Polygraph Stories .............................................................................................. 7

Chapter One: Motivation .................................................................................. 9
  Picture this....................................................................................................... 10
  What Are the Consequences for Failing or Passing the Polygraph? ............... 11
  Cost Benefit Analysis .................................................................................... 12

Chapter Two: Clarity ......................................................................................... 15
  Definition of terms ........................................................................................ 16
  Time line ........................................................................................................ 17

Chapter Three: Honesty .................................................................................. 19
  Full Disclosure Polygraph Questions .......................................................... 20
  Detailed Answers to Full Disclosure Questions ......................................... 30
  Maintenance Polygraph Questions .............................................................. 33
  Detailed Answers to Maintenance Questions ............................................. 38

Chapter Four: Summary .................................................................................. 39
  Sexual Behaviors Chart .............................................................................. 40
  Sexual Abuse Chart ..................................................................................... 41
  Naughty List .................................................................................................. 42
  Confused List ................................................................................................. 43

To Do List .......................................................................................................... 44
Introduction

Passing a polygraph is difficult. It is important that you grasp this truth. It takes effort and determination. It's not just a simple matter of telling the truth; it's much more complicated than that. You need to have thought through all the issues. A passed polygraph requires honesty and clarity of thought. One without the other reduces the chances of you passing.

The purpose of this workbook is to help you prepare for your polygraph test. It is organized so that you become;

Motivated:
You are probably being compelled to take this test by the courts or some other external power. It can be easy to respond in these situations in a passive manner (just going through the motions). If you approach the polygraph in this way you increase the chances of failure. It’s important that you approach the polygraph with a determined and focused attitude.

Clear:
Behavior which is embarrassing or shameful is often difficult to look at. It can be tempting to just take a superficial look at the issues. You will improve the chances of passing the polygraph if you look at all the details of all the situations.

Honest:
You know if you are actively keeping a secret. You may be in that horrible place of facing a polygraph knowing you have not yet told the truth. You are not alone in this situation; many people have faced this dilemma many times.
You have three choices:
• Continue to lie and try and beat the polygraph. Some people have succeeded and others have failed. It’s not usually a good idea but you might decide to try.

• You can tell the truth, get it over with and face the consequences. If you make this choice, make sure you tell an adult you can trust.

• The middle ground; you can admit you have a secret but keep the details back until you discuss the consequences with someone you can trust. This allows you to explore telling the truth and figure out if it is a good idea to be honest.

If you become motivated, clear and honest you will maximize your chances of passing the polygraph. Use this workbook to prepare for your polygraph.
How To Use This Workbook

This workbook is be used with the aid and direction of a trained helping professional, who is knowledgeable and experienced in the polygraph exam. Do not prepare for the polygraph without getting feedback, it will not be nearly as effective.

It is not necessary to complete all the exercises to prepare for the polygraph, nor do they need to be completed in any particular order. Complete the exercises based upon your needs. If you are vague and confused, focus on Chapter two. If you are procrastinating and avoiding the issue, focus on Chapter one. Do what works for you.

Disclaimer:
We would like to be able to guarantee that if you complete this workbook you will pass the polygraph. Making such a claim would be completely false. Only you can pass the polygraph. This workbook is designed to help you prepare for the test. It does not guarantee that you will pass.

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Personal Information

Name: .............................................................................................................................................................

Attorney's name: .............................................................................................................................................

Probation Officers name: .................................................................................................................................

Date of Polygraph: .............................................................................................................................................

Type of polygraph:

☐ Full disclosure
☐ Maintenance
☐ Issue specific

What is the issue: .............................................................................................................................................

.................................................................................................................................................................

.................................................................................................................................................................

.................................................................................................................................................................

Polygraph history:

........ Number of polygraphs previously taken
........ Number of polygraphs failed
........ Number of polygraphs passed
The Polygraph Exam: What You Can Expect

In order to prepare for the polygraph you will need to know what will happen. It is wise to spend some time familiarizing yourself with the process.

Polygraphs are instruments that monitor a person's physiological reactions. These instruments do not, as their nickname suggests, detect lies. They can only detect whether deceptive behavior is being displayed.

A polygraph instrument is basically a combination of medical devices that are used to monitor changes occurring in the body. You will be asked certain questions and the examiner looks to see how your heart rate, blood pressure, respiratory rate and perspiration (usually on your fingers) change in comparison to normal levels. Fluctuations may indicate that person is being deceptive, but exam results are open to interpretation by the examiner.

Polygraph examinations are designed to look for significant involuntary responses going on in a person's body that are associated with deception. There are certain physiological responses that most of us undergo when attempting to deceive others. By asking questions about a particular issue under investigation and examining a subject's physiological reactions to those questions, a polygraph examiner can determine if deceptive behavior is being demonstrated.

For many years, polygraphs were those instruments that you see in the movies with little needles scribbling lines on a single strip of scrolling paper. These are called analog polygraphs. Today, most polygraph tests are administered with digital equipment. The scrolling paper has been replaced with sophisticated algorithms and computers.

Prior to actually being hooked up to the polygraph machine, the polygrapher will review the issues to be discussed. They will use this workbook to decide the questions. You will know the general questions before the test, but you won't know the specific wording of the questions.

When you sit down in the chair for a polygraph exam, several tubes and wires are connected to your body, which measures your body's responses to the questions being asked. This may not be particularly comfortable; some people report that their arm goes numb from the blood pressure cuff. It will be important to sit still during the test as moving around can affect the results.

You will be asked three sets of questions, they will be essentially the same questions but in a different order and possibly phrased differently. You will be asked to answer the questions "yes" or "no". You may not ask for clarification of questions. It is also important to know that there will be a gap of twenty to thirty seconds between each question. If you have any doubt or confusion, this is when it will show up and impact the polygraph. This is why it is so important to go into the polygraph test being clear and confident in your answers. You do not want to second-guess yourself during the polygraph.

Depending on legal situation the polygrapher may or may not tell you if you have passed the polygraph. If your attorney has requested the polygraph you can get the results from your attorney.
Polygraph Stories: Experiences to Learn From

Taking a polygraph is different for everyone. Below are some polygraph stories from people who had taken the polygraph. Use these stories to understand your own story.

Brian (age 14)
I am really bad at times and dates and that made it really hard to get clear and do the timeline. I knew I couldn't do it by myself so I had to get help from my Mom and my Brother, not my Dad (’cos he would get mad). It was really cool because I didn't have to do it alone and when I passed, we all passed and I got to go home. My advice is ask for help from family about dates of major events in your life so that you can put everything in order.

Steve (age 16)
I got myself in a mess because I passed my first polygraph. I was asked if I had abused anybody else and I honestly believed that I hadn't and I passed. Then as I went through treatment I remembered other stuff that I had somehow blocked out. I was really in a mess because I didn't want to disclose this new stuff because everybody believed that I was telling the truth. But then I failed my maintenance polygraph and the next one. My parents were really mad and my probation officer thought I had re-offended and was talking about sending me to jail. When I finally owned up to the new incidents of abuse I was really scared. But then I passed my fourth polygraph. I wish I had just told about the other offenses. It would have saved a bunch of money and stress. I also lost a lot of trust because of all this.

Eric (age 19)
My parents are super religious and intense. They are really freaked out about me being charged with sex abuse and it made it really difficult for me to be honest. I was just too worried about their reaction and then I was really scared about not passing the polygraph. I was really messed up, couldn't sleep, and couldn't tell the truth. So my therapist worked with my parents to create a neutral zone. My parents promised not to ask or pressure me and my therapist promised to not tell my parents my secrets until at least three weeks after the polygraph. This really helped me just focus on the polygraph and worry about the issues later. I passed the polygraph and my parents freaked out about a month later But the important things was I passed my polygraph.

Steve (age 15)
I don't know why MINDWORKS asked me to do this. I'm sick of the whole thing, I hate the stupid polygraph, I hate my probation officer and all the court bullshit. I know I offended and I know its wrong and I know I won't do it again. I have failed two polygraphs and I don't know why. I'm telling the truth. My Dad says the polygraph is voodoo science and he doesn't blame me for being mad. He thinks my P.O. is an idiot too…

Michael (age 17) While I was being adjudicated I didn't trust anyone, not my parents or even my attorney. I did not want to take the polygraph and I admit I played a bunch of head games. I told my therapist I had secrets but I wasn't going to let them out. I wasn't about to admit to anything until I found out what the consequences were; it was just too much of a risk. My lawyer had me take a polygraph which I failed but he was able to keep it quiet; I knew I would fail but I just wanted to see if I could get away with it, you know
control your breathing, clench your butt cheeks that sort of thing. It didn't work, but it was worth a try. Then when I got put on probation I got serious 'cos I knew if I didn't pass I could be sent to residential treatment. So I worked really hard. I had to define everything really clearly because my mind is really tricky and I can make all my behavior OK when it's not. After all this work I passed the test.

Six months later I had to take a maintenance polygraph and I had sort of relaxed and was pretty confident going into the test. I failed miserably. Half way through the test I started to remember all these girls I had been flirting with and grabbing. I didn't think it was a big deal but then my therapist went ballistic on me and I guess I was in denial. To be honest I hate the polygraph. It makes me really nervous, like I can't trust myself. I know I can't relax and if I feel confident I know I am in trouble. I do hate the polygraph but it has helped me clean up my life. I don't play nearly as many head games and it has taught me the importance of keeping the rules. Keeping the rules keeps me safe. I never thought I would say that, I used to hate rules.
Chapter One: Motivation

Mo-ti-va-tion: the reason one has for acting or behaving in a particular way

If you had the choice you probably wouldn't take the polygraph. Nobody likes to be told what to do or have to prove they are being honest. It's normal to be reluctant to take the polygraph and to be tempted to passively resist. But the reality is if you are going to get what you want, you need to pass a polygraph. You can't afford to let your feelings get in the way of preparing for the polygraph.

One of the ways to work through your resistance to taking the polygraph is to acknowledge and express those feelings in a direct and healthy manner. Do not pretend that you want to take the test but take it anyway.

Use the following questions to “flush out” your resistance to taking the polygraph. Discuss these questions with your therapist /attorney/probation officer so that you can come to terms with this test.

How do you feel about taking the polygraph?

Why are you angry (irritated, resentful, frustrated) about taking the polygraph?

Why are you scared (anxious, insecure, afraid) of taking the polygraph?
Picture this...

Logically you want to pass the polygraph. But there is probably a part of you that doesn't want to go through the polygraph ordeal. It's your emotional side that goes by a different logic. Sometimes it's easier to express these feelings through art. So take a minute to draw a picture about how you feel about taking the polygraph. Anything goes, see what comes out…
What are consequences for failing or passing the polygraph?

This is a complicated question because the consequences will depend upon how other people react (i.e. parents, attorney, District Attorney and probation officer). You need to ask these people how they will respond if you fail the polygraph. Write down their answers in the space below. You might be tempted to avoid this exercise because these conversations can be uncomfortable, but do not give into temptation. There is a good chance that you will look at the polygraph differently after talking about these issues with the important people in your life.

Parents response:

Therapist response:

Probation officer response:

Attorney response:
Cost Benefit Analysis

A cost benefit analysis helps you clarify if you are willing to do what it takes to achieve a goal. It helps you figure out if it’s worth the effort. In your case you need to analyze the benefits of passing the polygraph and what it will cost you. For instance if you did a cost benefit analysis on getting straight A’s at school the benefits might be; a sense of pride, improving your GPA, getting into a good college and pleasing your parents. The costs might be; studying every night, not hanging out with your friends and having to drop out of sports.

Be careful to not assume that the benefits outweigh the costs. Recently a man did this exercise and realized that he would have to make additional disclosures that he was unwilling to make. He refused to take the polygraph based on this analysis. To his mind it was a good decision, it just wasn’t worth the risk.

Use the form on the next page to make a list of risks or costs involved in taking the polygraph and the benefits of passing the polygraph. Make sure that you write down at least five benefits and five costs/risks.
### Chapter One: Motivation

#### Cost Benefit Analysis Form

<table>
<thead>
<tr>
<th>Benefits of passing the polygraph</th>
<th>Cost/risk for preparing for the polygraph</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Score each item on a scale of 1-10. A high number indicates there is a significant benefit or cost/risk. A low number is a less significant benefit or cost. Add up the scores of each side and write that number in the total.

TOTAL=  
TOTAL=  

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If the scores are equal it indicates that you are ambivalent about doing what it takes to pass the polygraph (you sort of do and your sort of don't).

If the score is clearly in favor of the cost/risk column it indicates that the risk is too high and it's not worth it to do what it takes to pass the polygraph.

If the score is clearly in favor of the benefits column then it indicates that you are willing to do what it takes to pass the polygraph and that it is clearly worth the effort.

*What does your analysis tell you?*
Chapter Two: Clarity

clar-i-ty: the quality of being certain or definite

You will improve your chances of passing the polygraph by becoming clear in your thinking. Confusion and disorganization will make you sweat and your heart race when you are answering polygraph questions.

The polygraph does not test your memory. You are not expected to remember everything about your life. Some details of your life you will simply not remember. This is completely acceptable and should not affect the outcome of your polygraph. However, if you are deliberately being vague or have been trying to forget what you did, then this will cause you problems during the test.

As a general rule you may find it difficult to remember details and some issues may be confusing. What you can do is be clear that you are confused. Throughout this workbook keep track of the things that you are confused or unclear about and make a note of them on the “Confused List” on page 43.

Use the following exercises so that you become clear about the issues and avoid becoming confused when you are taking the polygraph.
Definition of Terms

One of the common mistakes that people make in taking a polygraph is they are not clear about the terms that are used. If you are going to answer questions about specific behaviors you have to have a clear understanding what those questions refer to. Use the following questions to make sure you have a clear understanding of all the key terms.

What is a deviant fantasy?

Define sexual abuse.

What is the difference between a thought and a fantasy?

What is frottage?

What is a hands-off offense? Give two examples.
Time Line

Time lines help you get clear about when events and situations occurred in your life. They can be especially helpful when you are dealing with emotionally difficult events such as abuse. Different polygraphs need different time lines. If you are doing a full disclosure polygraph you will need to develop a time line of your entire sexual history. If you are doing a maintenance polygraph you will need to do a time line in the last six months or when you had the last polygraph. Include in your time line significant life events to help put things in perspective, such as changing schools, moving house and moving through school grades.

Use the next page to chart your time line.
Chapter Three: Honesty

Honesty: free of deceit and untruthfulness; sincere

You have probably heard that honesty is the best policy. This statement is usually true. But you have to decide if it's true for you.

Telling the truth about abuse is challenging and can have life changing consequences.

At MINDWORKS we believe in telling the truth. You cannot get healthy if you don't face the truth but you have to decide that for yourself. It's easy for us to talk about telling the truth; we are not looking at going to jail, registering as a sex offender or being placed upon probation. You are, so you have to decide for yourself how honest you should be.

One thing is clear when it comes to the polygraph, if you want to pass, honesty is the best policy. The following questions are designed to help you disclose information that is pertinent to passing the polygraph.

These questions are “fishing questions”. They are designed to help you think about situations or issues that you have not considered.

People have a tendency to automatically respond to these questions with a negative. They don't want them to be true, even if they are. If you do this, it will close your mind and defeats the purpose of the questions.

In order to keep your mind open when you read these questions, ask yourself “how is this true for me? When did I… wet the bed, set fires, look at pornography on the internet, etc”. Your answer might still be “I haven't done this" or it might trigger a memory or question. Either way it will lead to you responding to the questions in an open and honest fashion.
Chapter Three: Honesty

Full Disclosure Polygraph Questions
Developed By Becky Carter, Licensed Polygraph Examiner

Answer the following questions in an open and detailed fashion. If you answer “yes” to any of the question, follow them up with the four W’s; who, what, where and when. If you need more space (you probably will) use the “Detailed Answers List” on page 30.

If you are confused about any question or unclear about your answer make a note of them on the “Confused List” on page 43 of this workbook.

1. **Was bedwetting or messing/soiling yourself ever a problem? If so, until what age and how was it resolved?**

2. **Have you ever played with matches or set fires? What damage was done? Explain.**

3. **Were you ever mean or cruel to an animal? Give details.**

4. **Have you ever owned or possessed any weapons? (knives, guns, martial arts weapons, etc.)**

5. **Do you currently own or possess any weapons?**

6. **Have you ever made or attempted to make any weapons? (knives, bombs, throwing stars, etc.)**

7. **How old were you when you first became curious about sex?**

8. **What triggered that curiosity?**

9. **Were you sexually abused as a child? Explain. Did that sexual abuse also include physical abuse or violence?**

10. **Did you ever see your parents or others having sex? What was your age at the time?**

11. **Did you ever play Show and Tell, House, Doctor, or Spin the Bottle?**
12. **How old were you when you first masturbated?**

13. **How did you learn about masturbation? Did someone teach you? Show you? Molest you? Did you learn about it from peers or at school?**

14. **How old were you the first time you had any kind of sexual experience that involved touching of sex organs? Give all the details including partner’s/victim’s age.**

15. **How old were you the first time you had intercourse? How old was your partner?**

16. **List all sexual contacts with other children/peers or adults. Give your age, their age, and details of the sexual contacts. Use the victim Form when necessary.**

17. **Have you ever have sexual contact with a baby-sitter, a teacher, a police officer, a coach, a Boy Scout leader, or a minister?**

18. **Have you been hiding information to protect any other person? Have you been threatened or pressured to conceal information?**

19. **Have you ever done any baby-sitting? Did you ever sexually touch any child in your care? Were your sex organs ever exposed to any child in your care?**

20. **Have you ever placed or answered a personal ad? When and where? Did you ever have sex with someone you met through a personal ad? Give details.**

21. **Have you ever called a teen line, chat line, talk line, or dating line? Explain**

22. **Have you ever made an obscene, threatening, harassing, or breathing telephone call?**

23. **Have you ever sent obscene, threatening, or harassing letters?**

24. **How old were you when you first saw sexually explicit or pornographic material? Was it in your home? How did you come to see it? What was it?**
Chapter Three: Honesty

25. *Have you ever subscribed to sexual or pornographic reading material? What was it? When was it?*

26. *When was the last time you purchased or rented sexually explicit or pornographic material? Example: videos and movies.*

27. *Have you ever provided sexually explicit materials to another child/peer? Explain.*

28. *Have you ever made your own sexually explicit or pornographic material? Describe.*

29. *Have you ever taken a nude snapshot/Polaroid or videotaped sexual activity?*

30. *Have you ever taken pictures of your genitals?*

31. *Have you ever taken or collected photographs of children for a sexual reason?*

32. *Have you ever masturbated while looking at any picture of a younger minor?*

33. *Have you ever seen child pornography?*

34. *Do you currently own, possess or have access to any sexually explicit or pornographic material? (Books, magazines, newspaper advertisements, etc.)*

35. *Do you have a computer, a modem, or a subscription to the Internet?*

36. *Have you ever used a computer to view or access sexually explicit or pornographic material, or been present when someone else did this? When did this last occur?*

37. *Have you ever entered into a teen chat room or date room while on-line? Explain.*
38. **Have you ever initiated a sexual conversation while in a chat room?** Have you ever participated in a sexual conversation in a chat room?

39. **Have you ever communicated over the Internet for a sexual reason?** When did this last occur?

40. **Have you ever masturbated in view of a computer monitor?** (Most times ever in one day and your current weekly average.)

41. **How often do you use sexually explicit or pornographic material for masturbation purposes?** (Most times ever in one day and current weekly average.)

42. **Have you ever entered a pornographic movie studio?**

43. **When was the last time you watched all, or part of, an X-rated movie?**

44. **Have you ever stolen anything of a sexual nature or stolen in order to get money to buy something of a sexual nature: pornography, lingerie, sex toys, etc.**

45. **Have you ever spied or peeped on anyone inside a residence or outside looking in?** Give details of each of these occurrences. **Have you spied or peeped in other locations or in other ways?**

46. **Have you ever entered a residence without permission with sexual intent or motivation?** Give details.

47. **Have you ever exposed your bare genitals in public or “mooned” other people?** Give complete details of each occurrence.

48. **Have you ever deliberately worn an article of clothing knowing that others would be able to see your genitals?**

49. **Have you ever masturbated in public?** Give details.

50. **Have you ever masturbated in a public restroom?** When?
Chapter Three: Honesty

51. Have you ever gone to a nude beach, nude hot springs, or nudist colony? If so, were you nude yourself? Who took you there?

52. Have you ever masturbated in a motor vehicle? Were you parked or driving? Explain.

53. Have you ever allowed another person to masturbate you or perform oral sex on you while driving? Give details.

54. Have you ever engaged in sexual activity in a public place? Have you ever engaged in sexual activity in a place where you were seen or could have been seen by others?

55. Do you have any fetishes/strong attractions to any object, piece of clothing, body part, etc.? Explain.

56. Have you ever had sexual contact with an animal? Name the type of animal and give complete details.

57. Have you ever paid for sex? Has someone ever paid you to have sex with him or her? When?

58. Have you ever accepted clothing, food or shelter for sexual contact? Explain.

59. Have you ever had sex with a prostitute, even if you did not have to pay?

60. Have you ever entered a massage parlor, lingerie modeling studio, bath house, tanning booth, or any other business used as a front for sexual activity? Explain.

61. Have you ever accept money or gifts in exchange for sexual contact?

62. Have you ever traded sex for drugs or drugs for sex?

63. Have you ever arranged/set up sexual acts for money or favors?

64. Has a friend ever supported you through prostitution?
65. Has human waste, urine or feces ever been part of your sexual acts? Give details.

66. Have you ever used urine or feces for masturbation purposes?

67. Have you ever been sexually aroused to diapers or enemas?

68. Have you ever put semen, urine, or feces in food or drink?

69. Have you ever tied or restrained anyone as part of a sex act? Give details.

70. Have you ever been tied or restrained as part of a sex act? Explain.

71. Have you ever engaged in any sexual activity that involved hitting, slapping, hair pulling, stabbing, choking, biting, or burning? If so, explain.

72. Have you ever humiliated or degraded a sexual partner?

73. Have you ever inflicted pain upon yourself or others as part of sexual activity? Give details.

74. Do you have any tattoos of nudes, semi-nudes or sex acts? Give details.

75. Have you ever used a sex toy while masturbating? Explain.

76. Have you ever inserted a foreign object into a female’s vagina? Explain.

77. Have you ever used any medication as a sexual enhancement? What and when?

78. Have you ever used an article of women’s clothing as an aid to masturbation?

79. Have you ever cross-dressed or worn makeup as part of a sexual act?

80. At present, how often are you masturbating?
Chapter Three: Honesty

81. Have you ever tried to restrict your breathing while masturbating?

82. Have you ever inserted anything into your rectum? If so, what, when?

83. Have you ever inserted a foreign object into someone else’s rectum? If so, what, when?

84. Have you ever inserted anything into your penis/vagina? Explain.

85. Have you ever used a doll, stuffed animal, or any inanimate object for a sexual reason? Give details.

86. Have you ever engaged in three-way or group sex, swinging, or swapping? Give full details for each occurrence.

87. Are you aware of any sexual abuse in your family or by another family member? Who, what, when?

88. Have you ever orchestrated sexual contact with other children, adults, or animals?

89. Have you been accused of or investigated for any sex crimes not yet reported? If so, explain.

90. Are you currently involved in a sexual relationship? Explain.

91. Have you had any experience with cults, satanic rituals, or ritual abuse?

92. Have you ever thought of having sex with a dead body? Have you sexually touched a dead body or animal?

93. Have you ever had sexual contact with a mentally retarded person, an elderly person, a physically handicapped person, or a mentally ill person? Give details.

94. Have you ever sexually touched someone who was asleep, unconscious, or passed out from alcohol, drugs, or prescription medication? Explain.
Chapter Three: Honesty

95. Have you ever intentionally gotten someone drunk or medicated in order to take advantage of him or her sexually? Provide details.

96. Have there been any instances in which you used physical force, threats, weapons, or intimidation in order to gain sexual compliance? Give complete details.

97. Have you ever used manipulation, tricks, or bribes in order to get anyone to have sex?

98. Have you ever continued to have sex after an originally willing partner has asked you to stop? Explain.

99. Have you ever had sexual contact with someone who did not really know you?

100. Have you ever had a sexually transmitted disease? If so, did you ever expose a person to a sexually transmitted disease without their knowledge?

101. How many persons have you had sex with that really did not want to have sex with you?

102. Have you been present during, or a witness to, any sex crime not yet reported?

103. Were there incidents of violence in the home you grew up in? Explain.

104. Were you physically abused? By whom, when, how?

105. Have you been violent in any of your relationships?

106. Have you been violent towards a younger child or in view of a younger child? Explain.

107. How old were you when you had your first alcoholic beverage?

108. How old were you when you first got drunk?

109. Were or are your parents alcoholic?
110. Are you alcoholic or has alcohol ever been a problem for you?

111. Was alcohol related to your offense(s)? If so, explain.

112. When did you last consume alcohol?

113. How old were you when you first used an illegal drug? What was it?

114. What drugs have you used?

115. Have you ever inhaled any products to get high? (i.e., gas, glue, paint, markers, drugs)

116. Was drug use related to your offense(s)?

117. When did you last use an illegal drug?

118. What is your drug(s) of choice?

119. Have you ever gotten sexually aroused to violence, power, control, fear, or destruction or fire? Provide details.

120. Do you fantasize about your own childhood sexual abuse or your sexual abuse of others?

121. What are your most potent deviant sexual fantasies? Explain.

122. If you could fulfill one sexual fantasy, what would it be?

123. Since beginning treatment, have you substituted one deviant fantasy or activity for another?

124. Have you had sexual contact with a relative? Please list names and relations.
125. Have you ever followed, harassed or stalked anyone with sexual intent or motivation?

126. Have you associated with individuals or organizations that seek to promote or legalize the sexual abuse of children?

127. Have you engaged in any sexually deviant behavior that you have not yet reported?

128. Have you ever done anything sexual that you are too embarrassed, afraid, or ashamed to report?

129. Have you violated the terms of your supervision from the court or your treatment any way? Please list.

130. Since being placed on probation, have you had unsafe sexual contact with other people?

131. Have you had any sexual contact with animals since being placed on probation?

132. Have you had any sexual contact with other persons since being placed on probation?

133. Have you viewed or used pornography since being placed on probation?

134. Have you sexually offended anyone since being placed on probation?

135. Have you been sexually victimized since placed on probation?
Detailed Answers to Full Disclosure Questions

Use this page if you have answered “yes” to any questions and need more space to explain your answer. Write the question number you are referring to in the appropriate space.

Question # ___

Question # ___

Question # ___

Question # ___
Maintenance Polygraph

A maintenance polygraph is different from the full disclosure polygraph. It is asking you about behavior while you have been on probation/parole. It is concerned primarily with risky behaviors (such as viewing pornography) and violation of the conditions of probation.

If you have passed a polygraph answer the following questions:

1. Why did you pass?

2. What was your mental attitudes that lead to you passing?

3. How did you prepare for the polygraph? What did you do that made a difference?
If you have failed a polygraph answer the following questions:

1. *What were the questions you failed? (Be specific)*

2. *Why did you fail? (Be specific)*

3. *What are you going to do different this time?*
Maintenance Polygraph Questions
Developed By Becky Carter, Licensed Polygraph Examiner

Use the following questions to identify any potential trouble spots. If you answer “yes” to any question make sure you follow it up with the four W’s: who, what, where and when. This will help you be more specific. If you need more space, use the “Detailed Answers List” on page 38.

If you are confused about any question or are unclear about your answer, make a note of them on the “Confused List” on page 43 of this workbook.

1. Since being placed on probation or receiving your last polygraph, have you left the state without permission?

2. Have you used, possessed, traded, or sold an illegal drug or any drug that was prescribed for someone else?

3. Have you misused your own prescription medication?

4. Have you stopped taking or changed your prescription medication?

5. Have you purchased or consumed alcohol?

6. Have you entered a bar, tavern or liquor store?

7. Have you consumed non alcoholic wine or beer?

8. Have you provided alcohol to a minor or if you are a minor has an adult provided you with alcohol?

9. Have you gambled?

10. Have you purchased or drove in a car without your parole or probation officer’s permission?

11. Have you broken any laws? Have you been cited for traffic violations?
12. Do you own, possess or carry weapons?

13. Is your sex offender registration current and accurate?

14. Do you associate with anyone you know is actively involved in a crime?

15. Have you had unsupervised contact with children or peers more than two years younger than yourself?

16. Since your last polygraph how many people have you engaged in sexual activity with of any kind? How old were you?

17. Since your last polygraph how many animals have you had sexual contact with?

18. Have you engaged in physical or sexual contact with anyone who was unable or unwilling to give you /her permission?

19. Have you had any sexual activity while intoxicated or while another person was intoxicated?

20. Have you watched any sexually explicit or pornographic movies?

21. Have you had unsupervised contact with children or who are at least three years younger than yourself?

22. Have you possessed or viewed sexually explicit or pornographic books, pictures or magazines?

23. Have you entered an adult bookstore?

24. Have you entered a topless or strip bar?

25. Have you accessed or viewed sexually explicit or pornographic material via a computer or been present when someone else did?
Chapter Three: Honesty

26. Have you communicated over the Internet for a sexual reason?

27. Have you masturbated while watching a computer monitor?

28. Have you misrepresented your age or identity over the internet?

29. Have you sent or received nude/semi nude or genital pictures via the internet?

30. Have you communicated with a minor via the internet?

31. Have you photographed or videotaped anyone engaged in sexual activity (include kissing)

32. Have you made obscene phone calls or prank calls?

33. Have you exposed your penis or buttocks or anything that looks like a penis and buttocks in public or to other people?

34. Have you masturbated in a vehicle or any place where another person could easily have seen you?

35. What are the most times in one day that you have masturbated?

36. What is the average number of times you masturbated per week?

37. Have you had any sexual fantasies about people you have abused?

38. Have you had any contact of any kind with a person you abused (include visual, phone contact or email)

39. Have you had deviant sexual fantasies and not used your thought stopping tools to break these fantasies? Please list.

40. Have you substituted one deviant fantasy for another deviant fantasy or activity?
41. Have you substituted deviant fantasies for appropriate fantasies?

42. Have you fantasized about the people you sexually abused or any other person you know is a victim?

43. At this time, what are your most potent sexual fantasies?

44. Have you and any contact with a minor that triggered a sexual thought, fantasy or dream?

45. Have you been present when a young child has been bathed, changed or unclothed?

46. Have you seen or touched anyone’s sex organs?

47. Have you worn women’s clothing?

48. Have you had any sexual contact with animals?

49. Have you stolen anything of a sexual nature?

50. Have you let your probation officer or therapist know when you had any sexual contact with another person?

51. Have you had any contact with others that would concern your probation officer?

52. Have you engaged in verbal abuse, physical abuse or domestic violence?

53. Have you in any way engaged in prostitution or entered any business used as a front for sexual activity?

54. Have you made any sexual phone calls?

55. Have you written a sexual letter?
56. Have you grabbed, rubbed or touched a stranger or anyone you did not have permission to touch?

57. Have you peeped on anyone?

58. Have you had contact with a cult member or been involved in a satanic ritual?

59. Have you followed, harassed or stalked anyone?

60. Have you been too embarrassed to give your therapist or probation officer complete and accurate information about your activities?

61. Have you taken or seen pornographic pictures on cell phones?

62. Have you researched or practiced methods of beating/distorting polygraph examinations?
Detailed Answers to Maintenance Questions

Use this page if you have answered “yes” to any questions and need more space to explain your answer. Write the question number you are referring to in the appropriate space.

Question # ___

Question # ___

Question # ___

Question # ___
Chapter Four: Summary

**Sum-ma-ry:** *a shortened version containing only the main points*

If you have completed the exercises in this workbook, you will have generated a great deal of information. This chapter will help you summarize it into the main points. This is important because the following exercises will allow you to communicate clearly, concisely and honestly with the polygraph examiner. This the whole point of your work, so work hard. You may feel vulnerable writing down some of your behavior (most people do) but make it your goal to pass the polygraph not to protect your ego.
 Sexual Behaviors Chart

Complete this chart by indicating which kind of behaviors you have engaged in. Where appropriate write down the person’s first name with which you engaged in the sexual behaviors. If you have engaged in sexual behaviors that are not included, add those at the bottom of the chart.

<table>
<thead>
<tr>
<th>Appropriate Sexual Relationships</th>
<th>Inappropriate Sexual Relationships</th>
<th>Victim of Abuse</th>
<th>Abusive Sexual Behavior</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consensual Sexual Relationships</td>
<td>Sexual Contact</td>
<td>Sexual</td>
<td>Exposing</td>
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<tr>
<td></td>
<td>Fetishes</td>
<td>Sexual</td>
<td>Frottage</td>
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<td></td>
<td>Child Pornography</td>
<td>Sexual</td>
<td>Peeping</td>
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<td></td>
<td></td>
<td></td>
<td>Stealing Underwear</td>
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<td></td>
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<td></td>
<td>Obscene Phone Calls</td>
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<td></td>
<td></td>
<td></td>
<td>Sexual Contact with Animals</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Non-Consensual Sexual Contact</td>
</tr>
</tbody>
</table>
Ownership Chart

Use the following chart to make a list of your offenses and the details of the abuse. Include all your victims, including hands-off offenses (people you violated without actually touching them) as well as hands-on offenses.

<table>
<thead>
<tr>
<th>First Name of Victim</th>
<th>Relationship to Victim</th>
<th>Victim's Age</th>
<th>Your Age</th>
<th># of Offenses</th>
<th>Describe Extent of the Abuse (fondling, penetration, peeping etc.)</th>
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</thead>
<tbody>
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Naughty List

You probably have not been perfect and have violated your probation or treatment contract. Keep a list of risky behavior and probation violations or your treatment contract. You may feel vulnerable writing this list but remember the polygraph doesn't judge if you have been “good” or “bad”. It just measures if you are telling the truth. Make sure you use the four W's: who, what, where and when.

1.

2.

3.

4.

5.

6.

7.
Confused List

Use this list to keep track of things that you are confused about or not sure about. Use this list to discuss with your therapist and to report to the polygrapher in the interview before the exam.

1.

2.

3.

4.

5.

6.

7.

8.
To Do List

The day before the test:

☐ Confirm the date and time of the test.

☐ Review this workbook one last time.

☐ Get a good nights rest. Do not stay up late.

The day of the test:

☐ Eat before the polygraph. Do not go hungry. Take a snack if necessary.

☐ Expect to be nervous. Its normal to be nervous.

☐ Do not review this workbook. If you have done the work you will be OK. If you haven't done the work, it's too late now.

☐ Take any medication especially for Attention Deficit Disorder.

☐ You may have to wait to take the test. Take something to do to occupy your mind.

☐ Go to the bathroom before you leave (just like your Mom would tell you).

☐ Take this workbook to the exam to review with the polygrapher. This is very important. You will not be able to be tested without it.

☐ Take payment for the exam. Polygrapher's do not offer credit and often only accept cash payment.