

Actual Text of Exposure Audiotapes for Bad Thoughts

Bad thoughts about killing a child:

I am walking over the bridge and I get an urge to throw my child into the water below. I take her out of her carriage, and with her looking at me trustingly, I throw her down over the railing, watching her sink into the cold water below. Many witnesses see me do this and scream to stop the madwoman, but they are helpless to save my daughter.

Bad thoughts about losing control and stabbing a loved one:

I am sitting across from my girlfriend and I see a knife on the table. I pick it up and snap, stabbing her with it over and over. My worst fears have come true as I continue stabbing her to death.

Bad thoughts about blasphemy:

I am in church, shouting obscenities to God and Jesus. I rip the crucifix off the wall and smash it to pieces while the congregation looks on at me in amazement.

Bad thoughts about sex with animals:

I see the dog's genitals and to my horror get sexually excited. I snap and grab the dog and begin having anal intercourse with him. My mother comes into my room and is horrified at what she sees, but I just continue on, the fear I've had for so many years finally coming true.

Bad thoughts about incest:

I am having sex with my sister. I have lost control of my senses as I feared I would and am now engaging in the worst thing I can imagine. (Continues describing in great detail.)

Bad thoughts about harming and molesting family members:

I want to suffocate my son with a pillow while he's sleeping. I want to shoot him in the back of his head on his bald spot with a gun. I want to knife my mother. I want to stab my father. I want to have sex with my father. I want to kiss my sister in the crotch and have oral sex with her. I want to kill my husband. I'm going to have sex with a child. I will have sensations and masturbate around children. I think I harmed a child. I should be killed. I'm a bad mother. I deserve no mercy.