Cognitive distortions and emotional regulation issues are significant psychological factors that contribute to re-offending among sex offenders. These psychological patterns often involve justifications for harmful behaviors, which perpetuate the cycle of recidivism. According to G D'Urso et al. (2021), cognitive distortions such as minimizing harm or victim-blaming are closely linked to the likelihood of re-offending. To address these factors, interventions should target these maladaptive thought processes through cognitive-behavioral therapy (CBT). CBT has been effective in altering these distortions by helping offenders recognize and change their harmful beliefs and attitudes. By addressing these psychological elements, interventions can significantly reduce the potential for re-offending. This approach aligns with course concepts on modifying behavior through cognitive process interventions.