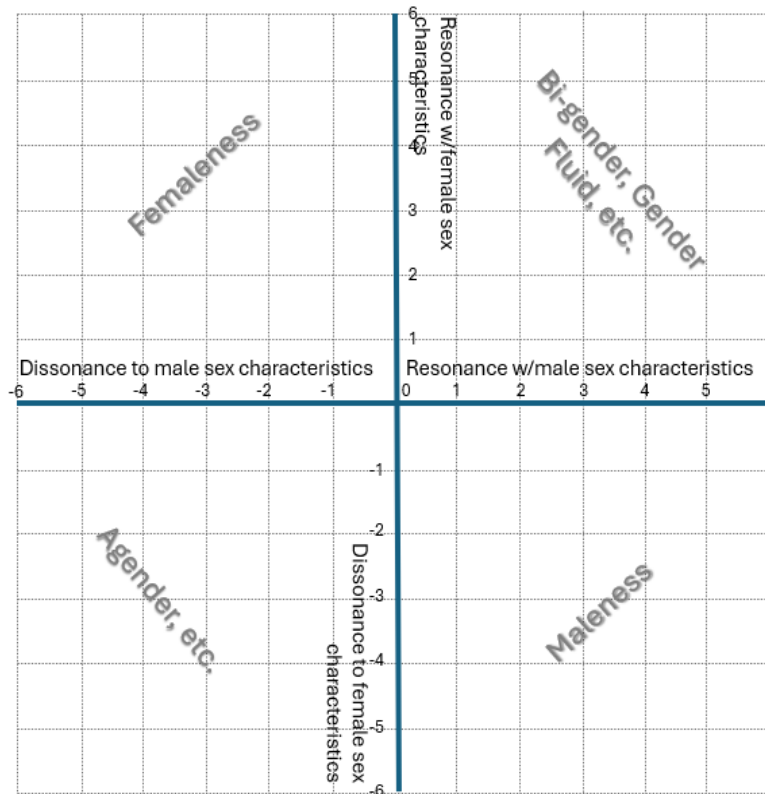


Gender-Body Congruence Scale



Femaleness: slim shoulders, breasts, wide hips, vagina & uterus, hairless, long hair, higher voice, lower height

Maleness: broad shoulders, flat chest, slim hips, penis & testicles, hairy, musculature, lower voice, greater height

Rate how much each listed sex characteristic fits or does not fit with how you experience yourself. On this scale, 0 means neutral and that you don't feel positive or negative about having that sex characteristic. A positive number means that embodying the characteristic feels right to you and is something that fits your experience of yourself. A negative number means that embodying the characteristic feels wrong to you and does not fit your experience of self.

For example, a +1 out of +6 on the vertical line for slim shoulders means having slim shoulders fits a little to how you experience yourself and having slim shoulders matters to you in a small way. A negative number means the characteristic does not feel right to you or is something you do not want. For example, a -1 out of -6 on the vertical line for slim shoulders means you feel a little uncomfortable having slim shoulders because they do not resonate with how you experience yourself, even though the feeling is not very strong.

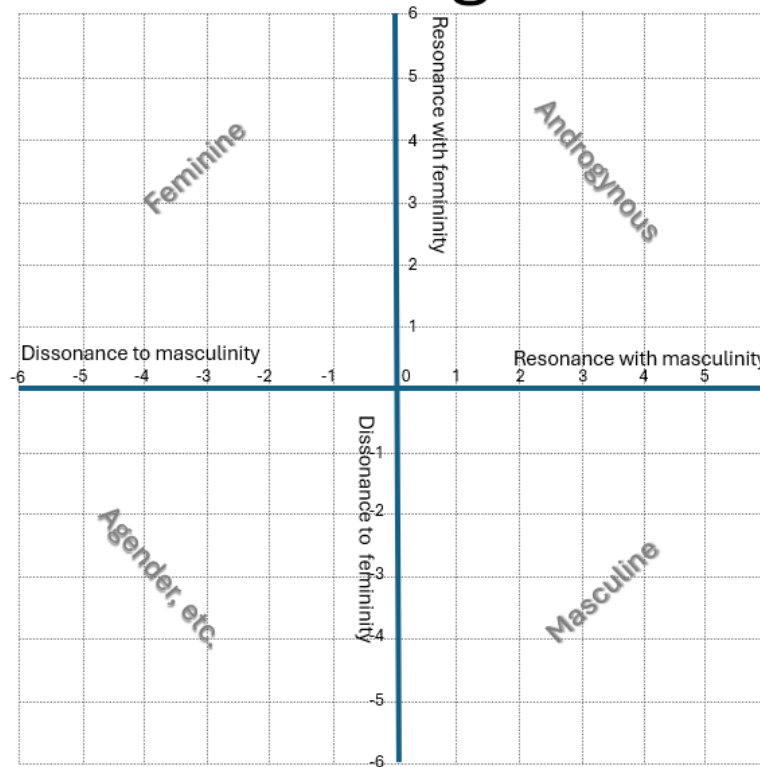
As you rate your experience with each sex characteristics, think about when you first noticed these feelings, how often and how strongly you feel them, and whether these feelings are fluid or stay the same over time.

After rating all characteristics, consider which gender identity label, if any, best fits your overall experience of your body and sex characteristics.

How does your current body match your ratings? For each characteristic, is this match or contradiction distressing, neutral, or satisfying/affirming/euphoric? What have you done to cope with any incongruence and distress?

This scale measures your experience of embodying sex characteristics. It is not meant to measure your feelings of *gender shame* and inferiority related to how much you like or dislike your current sex characteristics and how much they measure up to social standards and expectations.

Gender-Role Congruence Scale



Traits, interests, behaviors, and roles assigned to girls / women / females / femmes; boys / men / butch / and androgynous individuals in your culture

Consider how you define masculinity, femininity, and androgyne and the attributes, behaviors, and roles associated with males, females, and nonbinary/fluid individuals in your culture. Which ones are important to you?

Here are examples: Competitiveness, self-reliance, physical strength, leader/authority, protector/defender, initiator, provider, risk-taker/adventurer, nurturer, accommodator, caregiver, homemaker, supporter, follower, harmony mediator, emotional manager, social coordinator, community mediator, kinship manager, and cultural custodian.

How well do these roles fit with how you like to express yourself? For example, rating yourself 0% for "no, I would not do that at all" may feel different from rating yourself -6 for "no, it would feel extremely unnatural and uncomfortable for me to act that particular gendered way."

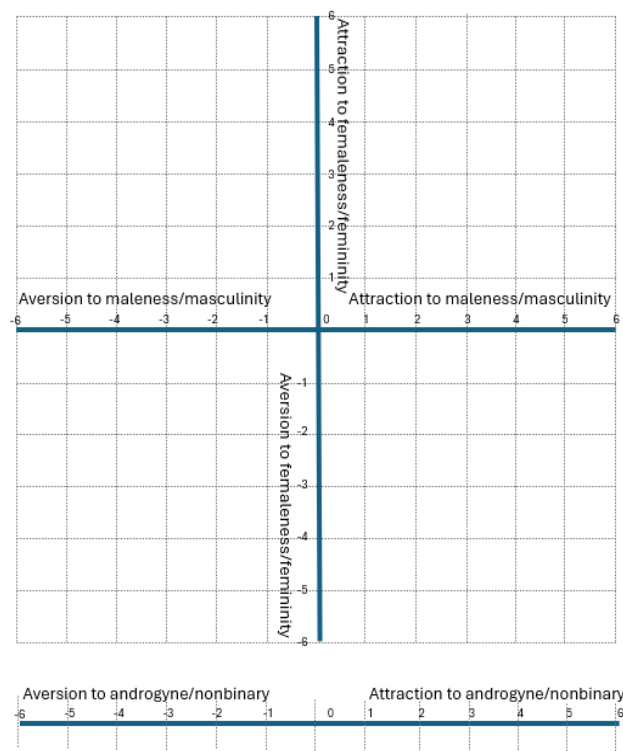
As you rate your experience with each gender role, think about what is distressing, positive, or neutral for you about expressing these characteristics and behaviors?

After rating how you experience your gender-role orientation, how much does it match your current behaviors and your culture's expected gender roles. How overlapping and similar are these ratings? How incompatible and disturbing are the dissimilar aspects to you?

Do you express these traits in all aspects of your life (for example, in your family, at work/school, in the community, during sex)? What have you done to cope with any incongruence and distress?

How would you like to express yourself and your gender and gender role? How often and intensely do you have these feelings about masculinity/femininity/gender-role fluidity? How consistent have these feelings been about your gender-role expression?

Sexual, Romantic, Emotional, and Social Orientations Scale



Think about the types of men, women, and genderfluid/nonbinary individuals whom you admire for their beauty and/or are emotionally attracted to (including your partner/spouse if applicable). What makes these individuals sexually, romantically, emotionally, and socially attractive to you, if anything? Use the graph to rate the degrees of attraction and aversion you experience to these men, women, and genderfluid/nonbinary individuals.

Rate how sexually, romantically, emotionally, and socially attracted and averse you are to femaleness/femininity, maleness/masculinity, and androgynous/nonbinary characteristics.

A “0” rating means having no interest. A person can be disinterested in having sex with men, women, or genderfluid/nonbinary individuals without feeling dislike or disgust. For negative reactions, distinguish between shame (socially inferior), phobia (socially insecure), and aversion/dissonance (dislike/disgust, not fit, incongruent, contradicts).

If you have any sexual interests that are important to your sexuality (for example, arousal to specific sexual dynamics, objects, kink, and other nontraditional sex), add more axes to the graph.

How fluid and dynamic are your feelings? Do they change in different relationships and contexts, or have they remained the same throughout your life?

At what age were you aware of these attractions, aversion, and degree of fluidity, if any? How often and intensely do you experience these feelings? How similar and dissimilar are your ratings of how you experience yourself from how you live? What have you done to cope with any incongruence and distress?