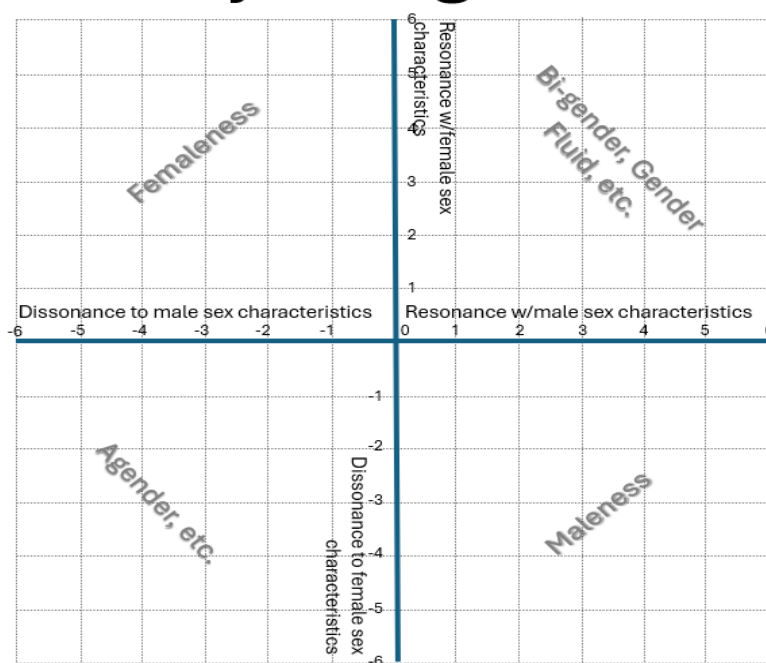


Gender-Body Congruence Scale



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

This scale measures your experience of embodying sex characteristics and how much you want or don't want certain sex characteristics (your *gender-body experience*) and how well your current body matches your experience of yourself (your *gender-body congruence*). This scale is not meant to measure **gender shame** or feeling less than. It is not about how much you like or don't like your body because of what society says you "should" look like to have worth.

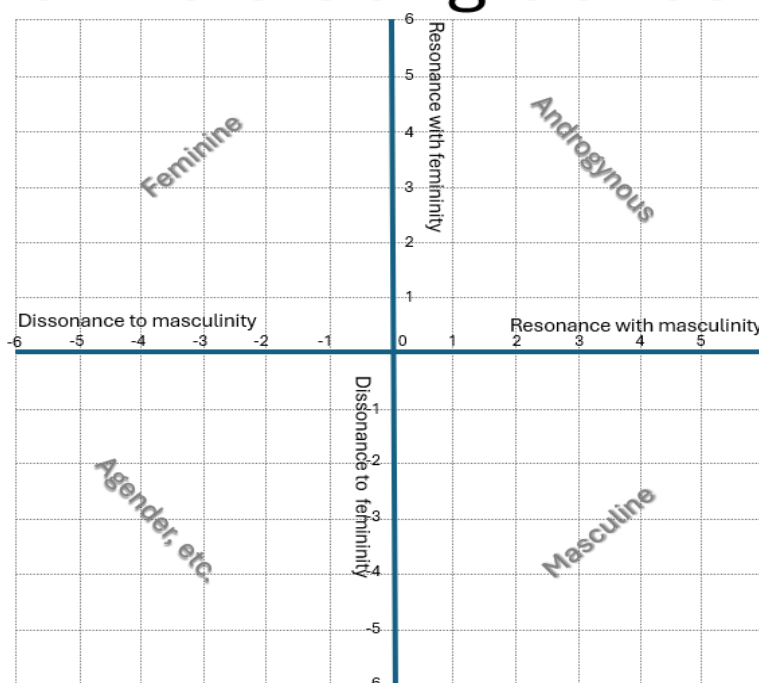
Gender-body experience: Rate how much each listed sex characteristic fits or does not fit with how you experience yourself and want others to understand you and relate to you. Rate other traits not listed if they are meaningful to you. On this scale, 0 means neutral and that you don't feel positive or 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 and how you want others to understand and relate to you. A negative number means that embodying the characteristic feels wrong to you and does not fit your experience of yourself and how you want others to understand and relate to you. Possible response options: 0=*not at all*, 1=*a little*, 2=*somewhat*, 3=*moderately*, 4=*mostly*, 5=*almost completely*, 6=*completely*.

For example, a +2 for 'slim shoulders' means this: Having slim shoulders fits you somewhat. It somewhat matches how you think about yourself and how you want others to understand and relate to you. A negative number means the characteristic does not feel right to you. For example, a -3 for 'slim shoulders' means this: Having slim shoulders contradicts your experience of yourself a moderate amount. The mismatch feels somewhat in the middle between "does not fit at all" and "does not fit completely."

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 and change or have stayed the same over time. After rating all the characteristics, consider which **gender identity label**, if any, best fits your overall experience of yourself and the sex characteristics that best match your experience of yourself and how you want others to experience you.

Gender-body congruence/incongruence: How much does your current body match your gender-body experience? For each characteristic, is this mismatch or fit distressing, neutral, or satisfying/affirming/euphoric? If any incongruence and distress (**gender-body dysphoria/aversion**), what have you done to cope?

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 **androgyny**. Also consider the interests, traits, roles, behaviors, clothing, grooming, voice, and movement that your culture link to boys/men, girls/women, and nonbinary/fluid people. Which ones feel important to you and how you experience yourself? Which feel like pressure from others or society?

Examples include competitiveness, self-reliance, physical strength, leadership, authority, protecting or defending others, taking initiative, providing for others, risk-taking, seeking adventure, nurturing, caregiving, homemaking, supporting others, following another person's lead, accommodating others, helping people get along, caring for others' emotional needs, showing tenderness, creating art, planning social events, maintaining family relationships, and preserving cultural traditions.

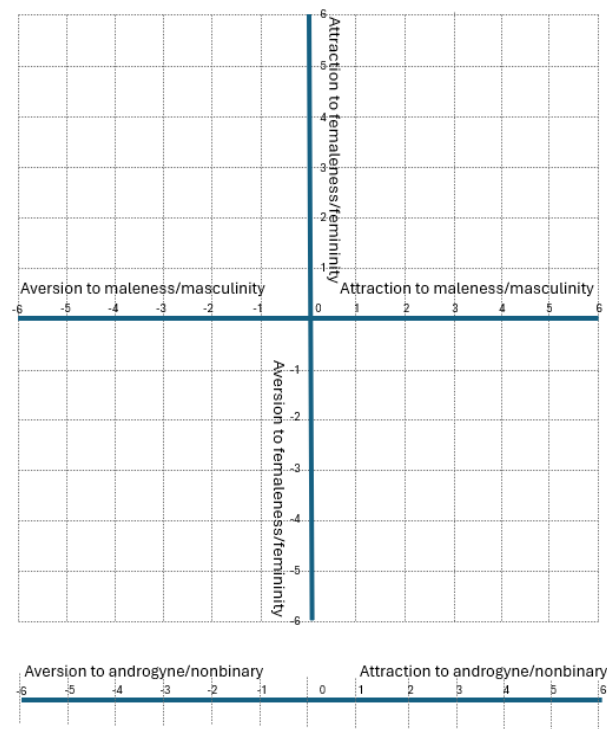
Gender-role orientation: How well do these traits, interests, and roles fit with how you like to express yourself? Possible response options: 0=*not at all*, 1=*a little*, 2=*somewhat*, 3=*moderately*, 4=*mostly*, 5=*almost completely*, 6=*completely*. For example, rating yourself 0 for "no, I would not do that at all" may feel different from rating yourself -6 for "no, it would feel completely 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 interests and behaviors, and why. Do you express these traits in all aspects of your life (for example, in your family, at home, at work/school, in the community, during sex, in your romantic and sexual fantasies)?

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

Gender-role congruence/incongruence: How much does your gender-role orientation match your current behaviors? How overlapping and similar are these ratings? How incompatible and disturbing are the dissimilar aspects to you (called **gender-role dysphoria/aversion**, **gender-role conflict**, and **gender-role strain**)? What have you done to cope with any incongruence and distress?

Sexual, Romantic, Emotional, and Social Orientations Scale



Think about the types of men, women, and genderfluid/nonbinary people whom you admire for their beauty and/or are emotionally attracted to (including your partner/spouse, if applicable). How sexually and romantically attracted are you to them? How much is the idea of being sexual and romantic with these types of individuals aversive to you (you would feel uncomfortable, disgust, or dislike it)? Use the graph to rate the degrees of sexual and romantic attraction and aversion you experience toward these types of men, women, and genderfluid/nonbinary people.

Rate how sexually, romantically, emotionally, and socially attracted and averse you are to femaleness/femininity, maleness/masculinity, and androgyne/nonbinary characteristics. How strong is your desire and dislike in being an intimate companionship with a man, woman, and nonbinary individual? Possible response options: 0=*neutral/not at all*, 1=*mild*, 2=*some*, 3=*moderate*, 4=*strong*, 5=*very strong*, 6=*extremely strong*.

A “0” rating means having no interest. A person can be disinterested in having sex with men, women, or nonbinary individuals without feeling dislike or disgust. **For negative reactions, distinguish between *shame* (feel socially inferior), *phobia* (feel socially afraid), and *aversion/dissonance* (feel dislike/disgust, incongruent).**

If you have any sexual interests that are important to your sexuality (for example, arousal to specific sexual dynamics, objects, kink, ages, personas, 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 your attractions, aversions, and degree of fluidity or non-fluidity?

How similar and dissimilar are your ratings from how you live? What have you done to cope with any incongruence and distress? What do you need from yourself and from other people so you can live more like your true self and feel well in your life?

You can use the following grids to rate your levels of attraction and aversion. This may help you understand each rating on its own and compare it with your other ratings. Feel free to make small notes or qualifiers next to your responses.

Non-binary People

erotic

erotic

romantic

romantic

Extremely strong

Attraction

0 none

Aversion

Extremely strong

emotional

emotional

aesthetic

aesthetic

Women

erotic

erotic

romantic

romantic

Extremely strong

Attraction

0 none

Aversion

Extremely strong

emotional

emotional

aesthetic

aesthetic

Men

erotic

erotic

romantic

romantic

Extremely strong

Attraction

0 none

Aversion

Extremely strong

emotional

emotional

aesthetic

aesthetic