Gender-Body Experience and Congruence Scale

This scale helps you explore which sex characteristics fit or do not fit how you experience yourself and how you want others to understand and relate to you (your ***gender-body experience***). It also helps you explore how well your current body matches how you experience yourself (your ***gender-body congruence*** or ***incongruence***) and how distressing, neutral, or affirming you find each trait and any match or mismatch.

This scale does not measure ***gender shame*** or ***body shame***, which can involve feeling ashamed of your gender identity, gender expression, or body, or believing you are less worthy than others. It also does not measure how much you like or dislike your body or body parts based on society's messages about what makes people attractive, accepted, or valued.

Rating	What the numbers mean
1. Fit: dissonance / resonance (gender-body experience)	**-6 = does not fit my experience of myself at all; 0 = neutral; +6 = fits my experience of myself completely.** Use the numbers between these points to show how strongly each characteristic fits or conflicts with your experience of yourself, including how much you want, do not want, or feel neutral about having it. Consider how each characteristic relates to how you want others to understand and relate to you. Base your rating on your personal experience rather than on fears of rejection, discrimination, harassment, or other negative treatment for having the body trait.
2. Current presence	**0 = not present; 1 = a little; 2 = somewhat; 3 = moderately; 4 = mostly; 5 = almost completely; 6 = completely present**. Rate how much the characteristic is currently present in your body.
3. Feelings about the trait	**-6 = extremely distressing; 0 = neutral; +6 = extremely affirming or satisfying.** Rate how you feel about the characteristic itself, whether you have it or not.
4. Feelings about current fit or mismatch	**-6 = extremely distressing; 0 = neutral; +6 = extremely affirming or satisfying.** Rate how you feel about the match or mismatch between how much you want or do not want this trait and how much it is currently present in your body.

For example, when rating "narrow shoulders," **+2** for fit means the trait feels **somewhat** right and you somewhat want it. **-3** means it feels **moderately** wrong; 0 means neutral, and you can take it or leave it. A current presence rating of **+4** means the trait is **mostly** present. An emotional response of **+1** means you find the trait **slightly** affirming. A rating of **+5** for feelings about fit or mismatch means you feel **very** satisfied or affirmed by how closely narrow shoulders match your current shoulders and what feels right for you.

Female-associated characteristics

Characteristic	Doesn't fit / Do not want ↔ Fits / Want (-6 to +6)	Current presence (0 to 6)	Feelings about the trait Distressing / affirming (-6 to +6)	Feelings about the current fit or mismatch Distressing / affirming (-6 to +6)
Soft, rounded facial features	_____	_____	_____	_____
Less prominent brow ridge and jawline	_____	_____	_____	_____
Little or no visible Adam's apple	_____	_____	_____	_____
Full scalp hair growth	_____	_____	_____	_____
Narrow shoulders	_____	_____	_____	_____
Breasts	_____	_____	_____	_____
Wider hips	_____	_____	_____	_____
Fuller, more rounded thighs and buttocks	_____	_____	_____	_____
More inward curve at the waist	_____	_____	_____	_____
Smaller hands and feet	_____	_____	_____	_____
Vulva and labia	_____	_____	_____	_____
Clitoris	_____	_____	_____	_____
Vagina / vaginal canal	_____	_____	_____	_____
Uterus and ovaries	_____	_____	_____	_____
Ability to menstruate	_____	_____	_____	_____
Little or no visible facial and body hair	_____	_____	_____	_____
Higher-pitched voice	_____	_____	_____	_____
Shorter height	_____	_____	_____	_____
Soft, smooth skin	_____	_____	_____	_____
Less muscle mass and muscle definition	_____	_____	_____	_____
Other: _____	_____	_____	_____	_____
Other: _____	_____	_____	_____	_____

Male-associated characteristics

Characteristic	Doesn't fit / Do not want ↔ Fits / Want (-6 to +6)	Current presence (0 to 6)	Feelings about the trait Distressing / affirming (-6 to +6)	Feelings about the current fit or mismatch Distressing / affirming (-6 to +6)
More angular facial features	_____	_____	_____	_____
More prominent brow ridge and jawline	_____	_____	_____	_____
More visible Adam's apple	_____	_____	_____	_____
Broad shoulders	_____	_____	_____	_____
Flatter chest	_____	_____	_____	_____
Narrower hips	_____	_____	_____	_____
Less fat around thighs and buttocks	_____	_____	_____	_____
Less inward curve at the waist	_____	_____	_____	_____
Larger hands and feet	_____	_____	_____	_____
Penis	_____	_____	_____	_____
Scrotum	_____	_____	_____	_____
Testicles	_____	_____	_____	_____
Ability to produce sperm	_____	_____	_____	_____
Ability to ejaculate	_____	_____	_____	_____
Ability to have erections	_____	_____	_____	_____
More facial hair	_____	_____	_____	_____
More body hair	_____	_____	_____	_____
Male-pattern baldness (receding hairline or thinning at the crown)	_____	_____	_____	_____
Lower-pitched voice	_____	_____	_____	_____
Taller height	_____	_____	_____	_____
Thicker skin	_____	_____	_____	_____
More muscle mass and muscle definition	_____	_____	_____	_____
Other: _____	_____	_____	_____	_____
Other: _____	_____	_____	_____	_____

Mixed, ambiguous, or variations in sex characteristics

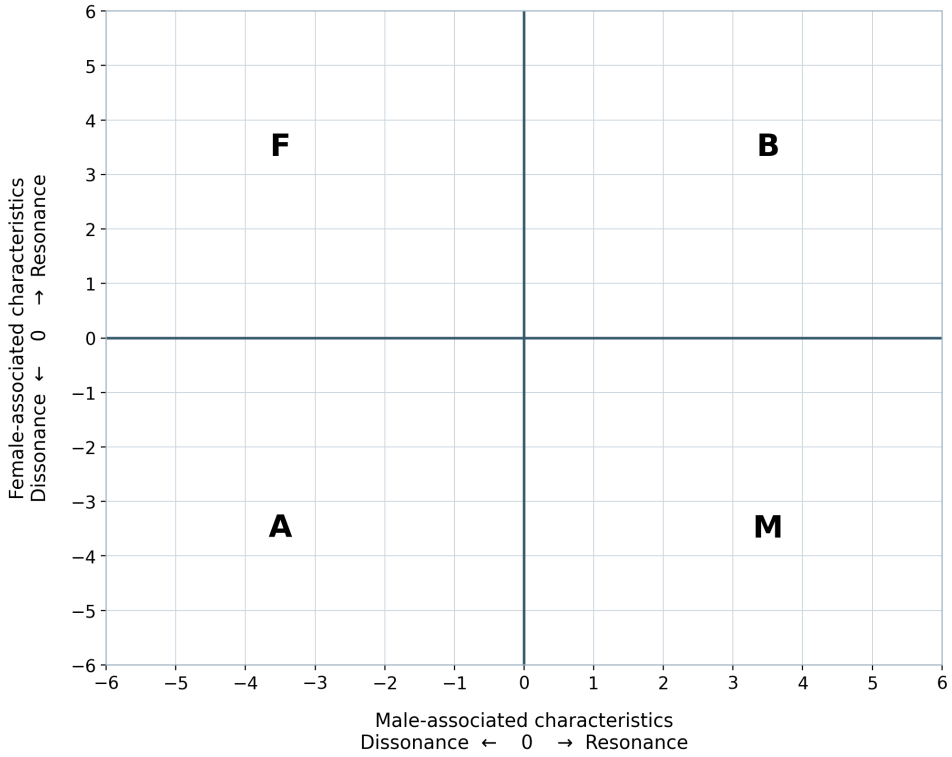
Some sex characteristics may combine features typically associated with males and females, have an appearance that is not clearly male or female, or vary from typical male and female patterns. If applicable, list any characteristics that matter to your gender-body experience and appearance. Include traits you have, want, do not want, or feel neutral about having. You can also rate genital combinations or the absence of external genitalia.

For each trait, use the same four ratings as in the previous tables: (1) personal fit of how you experience yourself and want others to understand and relate to you (-6 to +6), (2) current presence (0 to 6), (3) your feelings about the trait (-6 to +6), and (4) your feelings about the current fit or mismatch (-6 to +6). Base your rating on your personal experience rather than on fears of rejection, discrimination, harassment, or other negative treatment for having the body trait. Rate combined traits as a whole, and their parts separately if useful.

Leave this section blank if it does not apply to you. Add more rows if needed.

Characteristic	Doesn't fit / Do not want ↔ Fits / Want (-6 to +6)	Current presence (0 to 6)	Feelings about the trait Distressing / affirming (-6 to +6)	Feelings about the current fit or mismatch Distressing / affirming (-6 to +6)
Penis and vagina together (including a vaginal canal)	_____	_____	_____	_____
Absence of external genitalia (genital nullification)	_____	_____	_____	_____
1. _____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____

Mark each of your **resonance/dissonance** ratings on the graph below to show how strongly you want, do not want, or feel neutral about having each characteristic. Look at the pattern to explore how these characteristics fit your experience of yourself and how you want others to understand and relate to you. Then use a **different color or symbol** to mark how much each characteristic is **currently present** in your body.



F = femaleness; B = bigender, genderfluid, or related experiences; A = agender or related experiences; M = maleness. These labels are examples. People use different labels or none. This graph is not meant to assign, diagnose, or invalidate anyone's gender identity.

1. Which body characteristics **most strongly fit** your experience of yourself and how you want others to understand and relate to you?

2. Which body characteristics **most strongly conflict with** your experience of yourself and how you want others to understand and relate to you?

3. **Gender-body congruence and feelings:** How closely do your gender-body experience ratings match your current physical traits? How do you feel about these matches or differences? Which feel distressing, tolerable, neutral, affirming, or satisfying?

4. **Awareness of physical traits:** At what age or ages did you first become aware of your physical sex characteristics? How did you learn about these traits and how they might develop or change? At the time, how did you feel about these traits and the changes you expected or experienced?

5. **Awareness of your gender-body experience:** At what age or ages did you first become aware of which sex characteristics you wanted, did not want, or felt neutral about having, including how you wanted others to understand and relate to you? What experiences helped you become aware of these feelings? How did you understand and feel about your gender-body experience at the time? How often and how strongly do you experience your gender-body preferences and feelings now?

6. **Stability and fluidity over time:** How have your feelings about having or not having certain sex characteristics and your understanding of yourself stayed the same or changed over time? Which feelings have been consistent, and which have shifted or varied across different stages of your life or situations?

7. **Emotional responses:** In which situations do you feel distress, neutrality, satisfaction, affirmation, joy, or gender euphoria about how your sex characteristics fit or do not fit your experience of yourself? How strongly do you experience these feelings?

8. **Coping, support, and affirmation:** What has helped you feel affirmed, satisfied, or joyful about your gender-body experience? What has helped you cope with distress when your body does not fit your experience of yourself or how you want others to understand and relate to you? What has not helped or made things worse?

9. **Gender identity:** What gender identity label or labels, if any, best fit the overall pattern of your gender-body experience and your broader experience of yourself?

Gender-Role Orientation and Congruence Scale

Consider what ***masculinity***, ***femininity***, and ***androgyny*** mean to you. Review the examples below and think about how the *culture or cultures* that shape your life link each with masculinity, femininity, androgyny, or neither. If these meanings differ across your cultures, communities, or settings, note the differences and respond in the way that fits you best.

How well do these traits, interests, roles, and forms of expression fit with how you experience yourself and like to express yourself? -6 = feels completely wrong or unnatural for me; 0 = neutral; +6 = feels completely right or natural for me. A rating of 0 means you feel neutral about expressing something, even if you would never choose to do it. A rating of -6 means expressing it would feel completely wrong, unnatural, or uncomfortable for you, even if you are willing or able to do it.

Circle examples that fit you best and that you most enjoy. **Cross out** those that fit you least and that you most dislike. Leave neutral or uncertain examples unmarked. Add your own examples.

Examples of interests, traits, roles, and behaviors

Being competitive; being cooperative; leading others; following someone's lead; exercising authority; sharing power; being strong-willed; being agreeable; taking initiative; letting others take charge; taking risks; playing it safe; seeking adventure; enjoying time at home; systemizing (finding patterns and understanding how things work); empathizing (understanding others' feelings and experiences); initiating romantic or sexual contact; enjoying being wooed; enjoying sexually dominant or receptive roles; preferring casual sex or sex within committed relationships; caregiving; parenting; mentoring; earning income for a household; organizing family activities; helping people get along; showing tenderness; showing kindness; being stoic (showing little outward emotion); expressing emotions; showing affection; holding back affection; creating art; appreciating art and beauty; dancing; enjoying outdoor activities; building things; repairing things; working with tools or machines; cooking; baking; sewing; knitting; making clothing; decorating a home; gardening; doing yard work; planning social events; and preserving cultural or family traditions.

Examples of gender expression and appearance

Having short, medium-length, or long hair; wearing hairstyles linked with masculinity, femininity, or androgyny; wearing clothing linked with masculinity, femininity, or androgyny; wearing dresses, skirts, suits, ties, or collared shirts; wearing high heels, flats, boots, sneakers, or sandals; carrying purses, handbags, backpacks, or wallets; wearing accessories (hats, scarves, belts, watches, sunglasses, or hair accessories); wearing makeup (foundation, lipstick, eyeliner, or mascara); wearing jewelry (earrings, necklaces, bracelets, or rings); painting fingernails or toenails; having a beard or mustache; keeping, trimming, or removing body hair (legs, underarms, chest, or pubic area); speaking softly, firmly, or expressively; using expressive or restrained gestures and body movements; and walking with longer or shorter strides or with more or less hip movement.

From the examples you circled and any you added, choose up to 10 traits, roles, behaviors, or forms of expression that you **most enjoy and that fit you best**. Write them in the first table on the following page. Then choose up to 10 that you **dislike and that fit you least**. Write them in the second table. You may choose fewer than 10 for either table.

Give three ratings for each example:

1. **Current level of expression:** Rate how often you currently express each trait, role, behavior, or form of expression. 0 = not expressed now; 1 = rarely; 2 = sometimes; 3 = about half the time; 4 = often; 5 = almost always; 6 = always.
2. **Level of dissatisfaction or satisfaction:** Rate how dissatisfied or satisfied you feel with how much you currently express each trait, role, behavior, or form of expression compared with how much feels right for you. -6 = extremely dissatisfied or distressed; 0 = neutral; +6 = extremely satisfied or affirmed.
3. **Cultural gender association:** M = masculine; F = feminine; A = androgynous or mixed (associated with both masculinity and femininity); N = neither masculine nor feminine, or gender neutral. Mark how each trait, role, behavior, or form of expression is generally associated with gender in your culture. Cultural views differ across people and settings. People of any gender can enjoy or express any of these traits, roles, behaviors, or forms of expression. These associations do not determine a person's gender identity.

Keep in mind: Fear of rejection, social pressure, a desire for approval, how others treat you, personal choices, skills, resources, and opportunities may affect how often you express these traits and how satisfied you feel about expressing or not expressing them.

A trait, role, or activity may fit you well, even if you rarely express it or do not always enjoy it. You may also express a trait or engage in an activity often, even when it does not fit you.

People can express masculine, feminine, androgynous, or gender-neutral traits in different ways. These patterns do not determine anyone's gender identity.

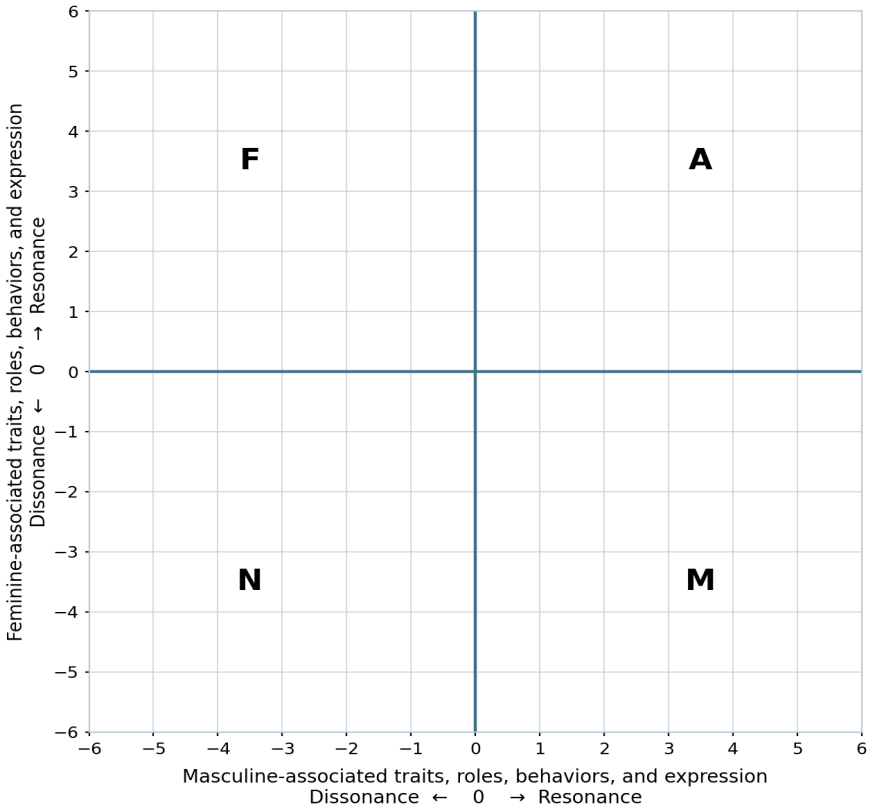
Top 10 traits and expressions I enjoy and that fit me

Trait, role, behavior, or expression	Current level of expression (0 to 6)	Current dissatisfaction or satisfaction (-6 to +6)	Cultural gender association (M/F/A/N)
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____
7. _____	_____	_____	_____
8. _____	_____	_____	_____
9. _____	_____	_____	_____
10. _____	_____	_____	_____

Top 10 traits and expressions I dislike or that fit me least

Trait, role, behavior, or expression	Current level of expression (0 to 6)	Current dissatisfaction or satisfaction (-6 to +6)	Cultural gender association (M/F/A/N)
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____
7. _____	_____	_____	_____
8. _____	_____	_____	_____
9. _____	_____	_____	_____
10. _____	_____	_____	_____

Gender-role orientation: Review the 10 traits, roles, behaviors, and forms of expression you most enjoy and that fit you and the 10 you most dislike and that fit you least. Mark each on the graph based on how strongly it fits or does not fit you and whether your culture or cultures associate it with masculinity, femininity, androgyne, or neither.



F = Feminine-associated traits and expression; **A** = Androgyne, both masculine- and feminine-associated traits and expression; **N** = Neither masculine- nor feminine-associated traits and expression; **M** = Masculine-associated traits and expression. These labels describe patterns of gender-role orientation and expression. People may identify with these patterns in different ways or not at all. This graph is not meant to assign, diagnose, or invalidate anyone's gender identity.

1. **Current gender-role expression:** How do you *currently* act, dress, and express yourself? Based on your culture or cultures, communities, and social settings, how masculine, feminine, androgynous, or gender-neutral is your current expression? Mark your current expression on the graph using a different color or symbol. If your expression differs across settings, relationships, or situations, mark more than one point.
2. **Gender-role congruence and incongruence:** How closely does your current gender-role expression match what feels right for you (your *gender-role orientation*)? Where do they match or differ? How do these matches or differences affect your satisfaction, distress, affirmation, or well-being? How does your expression vary across different parts of your life, such as with family, at home, at work or school, in your community, during sexual experiences, or in romantic and sexual fantasies? Where do you feel most and least comfortable expressing yourself as you prefer?

3. **Emotional responses:** Which aspects of your gender-role expression feel distressing, neutral, satisfying, affirming, or joyful? In which situations do you experience these feelings, and how strongly?

4. **Stability and fluidity over time:** How have your gender-role preferences and expression stayed the same or changed over time? Which feelings have been consistent, and which have varied across different stages of your life, relationships, or situations?

5. **Social expectations and pressure:** How much do people in your relationships, communities, and other settings expect you to follow specific masculine or feminine gender roles? How much do people praise, support, criticize, reject, or pressure you based on your expression? How much does this affect your choices, expression, and well-being?

6. **Coping, support, and desired changes:** What has helped you feel satisfied, affirmed, or joyful about your gender-role expression? What has helped you cope with distress, conflict, or pressure? What has not helped or made things worse? Which traits, roles, behaviors, or forms of expression would you like to express more or less and in which situations?

7. **Gender identity:** What gender identity label or labels, if any, best fit the overall pattern of your gender-body experience, gender-role orientation, and broader experience of yourself?

Differences between your gender-role orientation and current expression may cause discomfort, dissatisfaction, distress, or aversion (***gender-role incongruence, dysphoria,*** or ***aversion***). Other differences may feel neutral or cause little difficulty.

You may also experience ***gender-role conflict*** when your preferred roles or expression clash with your own or others' expectations. Pressure to follow gender rules that do not fit you may contribute to ***gender-role strain***, ***gender-performative stress***, or feeling restricted and dissatisfied in how you express yourself.

When your gender-role expression fits what feels right for you (***gender-role congruence***), you may experience comfort, satisfaction, affirmation, joy, or ***gender euphoria***. You may also enjoy expressing yourself differently across people, relationships, cultures, and situations without feeling conflict or distress. Your feelings and choices may depend on your values, relationships, social expectations, safety, resources, opportunities, and life circumstances. Gender-role congruence does not always bring positive feelings.

Sexual, Romantic, Emotional, and Social Orientations and Congruence Scale

Make a list of people or types of people, including men, women, and nonbinary or genderfluid people, you find sexually, romantically, emotionally, socially, or physically appealing, neutral, or aversive. Consider current or past partners, friends, coworkers, classmates, acquaintances, people you admire, people you meet in social settings, and people you fantasize about, if applicable.

For each person or type of person, note the specific physical characteristics, personal qualities, behaviors, or other features you find appealing, neutral, or aversive. Consider whose beauty you appreciate, who you feel emotionally drawn to, whose company you enjoy, and with whom you might want sexual contact, romantic closeness, friendship, or a long-term relationship. Note what draws you toward or away from each person and how strongly you experience these feelings. What patterns do you notice?

Imagine having consensual sex or romantic involvement with a man, a woman, or a nonbinary person. For each, what three to five words best describe how you think each experience would feel for you? Consider feelings of attraction, desire, pleasure, affection, passion, love, neutrality, discomfort, or aversion. Your feelings may differ depending on the person, relationship, situation, sexual or romantic activity, and your values and life circumstances.

What have you learned about your sexual, romantic, emotional, and social attractions, aversions, interests, and preferences, including patterns of consistency, fluidity, and responsiveness across different people, relationships, situations, and experiences? How does this help you better understand your sexual, romantic, emotional, and social orientations?

Understanding and rating your attractions and aversions

Use the graph two pages ahead to rate your sexual and romantic attraction or aversion toward men, women, and nonbinary or genderfluid people. Consider how these feelings relate to maleness, femaleness, masculinity, femininity, and androgyny, as well as specific physical characteristics, genital configurations, personal qualities, and combinations of traits. These may include characteristics typically associated with males, females, both, or neither.

Attraction to a combination of male- and female-associated traits does not necessarily mean attraction to more than one gender. For example, someone may be attracted to masculine women, feminine men, men with a vagina, or women with a penis. Some people are attracted primarily to individuals based on their personal qualities, emotional connections, or other characteristics, with little or no importance placed on gender roles or sex characteristics.

You may also add separate ratings for your emotional, social, and aesthetic attractions and aversions.

Sexual attraction may involve sexual thoughts, interests, fantasies, desires, or physical arousal, but these experiences do not always occur together.

Romantic attraction may involve crushes, infatuation, falling in love, seeking closeness and bonding, feeling passion, or wanting to show care and physical affection, but these experiences do not always occur together.

Sexual aversion and ***romantic aversion*** refer to lasting patterns of dislike, discomfort, disgust, or a desire to avoid sexual or romantic involvement with men, women, or nonbinary people, or certain sexual or romantic activities. These feelings may remain stable or vary across people, relationships, situations, and time.

Sexual and romantic aversions are not necessarily the same as distress caused by stigma, shame, fear, or concerns about closeness and intimacy, although these feelings can overlap and influence one another.

When you experience negative feelings, consider whether they involve:

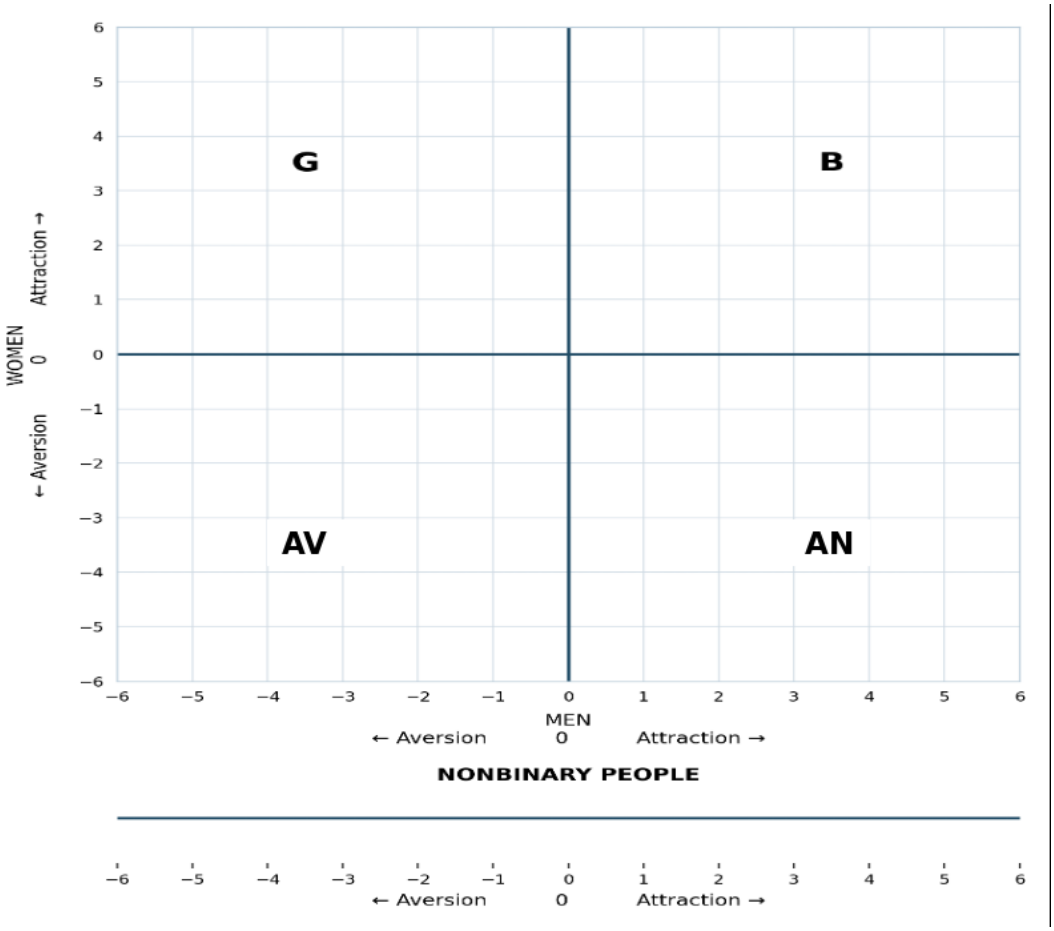
- **Shame or embarrassment:** Feeling ashamed, inferior, or less worthy because of your attractions, desires, preferences, aversions, lack of attraction or aversion, or worrying about how others may think of you.
- **Fear:** Worrying about rejection, judgment, harm, emotional closeness, intimacy, or other unwanted experiences.
- **Sexual or romantic aversion:** Experiencing dislike, discomfort, disgust, or a desire to avoid certain physical characteristics or sexual or romantic experiences.

Sexual and romantic satisfaction may also depend on your self-worth, choices, relationships, values, needs, and life circumstances.

Consider which feelings reflect your own attractions, aversions, and preferences and which may be influenced by social expectations, past experiences, relationships, or other concerns. These feelings may overlap, and understanding their different sources can help you make informed choices.

You may also have no interest in sexual or romantic involvement with someone or people of a particular gender without feeling dislike, discomfort, or disgust.

People’s sexual orientations may or may not fully match their romantic orientations. Both may also differ from how people understand, label, or express their sexual, romantic, and social identities.



G = Attraction toward women, female-associated characteristics, and/or femininity (***gynephilic*** pattern); **B** = Attraction toward women, men, female- and/or male-associated characteristics, femininity, masculinity, or combinations of these (may include bisexual, pansexual, panromantic, or related experiences); **AV** = Aversion toward female- or male-associated characteristics, femininity, masculinity, or combinations of these; **AN** = Attraction toward men, male-associated characteristics, and/or masculinity (***androphilic*** pattern). Ratings near or at 0 may reflect little or no attraction or aversion, including some asexual or aromantic experiences. Use the separate nonbinary scale to explore attraction or aversion toward nonbinary people. If these scales were combined into a three-dimensional graph, the nonbinary dimension would intersect with the male- and female-associated dimensions.

Acknowledging your specific sexual and romantic interests

Think about specific sexual or romantic interests that matter to you, such as physical characteristics, personal qualities, age preferences, sensory preferences, emotional or intellectual connections, types of affection and intimacy, sexual or gender roles, relationship types and dynamics, fantasies, desires, role-playing, kink, fetishes, dominance or submission, pain or humiliation, watching or being watched, consensual or nonconsensual sexual themes, specific sexual activities or settings, and solo, partnered, or group sex.

If these interests are important to your sexual or romantic arousal, desires, or satisfaction, add ratings to the graph or write notes about what you experience as appealing, neutral, or aversive.

Accepting your feelings and choosing how to respond

Having sexual or romantic attractions, interests, desires, or fantasies does not mean you *want* to act on them or *must* act on them. However, shaming yourself for having these experiences or trying to suppress or force thoughts or feelings out of your awareness can sometimes increase your distress or make them return more often. We can't stop an action or feeling or manufacture attraction or desires, instead we need to do something more effective to replace the thing we are trying to stop doing or feeling.

For example, instead of suppression, practice recognizing and accepting your experiences (*This is what I'm experiencing right now. It is what it is. How do I want to respond?*). Acceptance does not mean approving of every thought or desire, expanding a fantasy, or acting on an urge. When harsh judgments arise, consider whether they reflect evidence, unrealistic or unreasonable expectations, or unfair social pressures. Question unhelpful beliefs and develop more balanced, flexible, and compassionate ways of relating to yourself. However, repeatedly analyzing or challenging thoughts or feelings or seeking reassurance may increase your distress. It may be more helpful to learn to tolerate uncertainty, notice thoughts and feelings without trying to control them, and take action in ways that respect your values, responsibilities, and others' rights and safety.

Explore safe ways to express your feelings and meet your needs for connection, intimacy, comfort, excitement, or pleasure. Options include journaling, supportive relationships, nonsexual affection, exercise, creative activities, and consensual sexual or romantic experiences. Private fantasies and masturbation may also be options but are not safe or helpful for everyone. Notice whether activities reduce distress or tension, help you manage unwanted attractions and urges, or make you more likely to act in ways that could cause harm.

If thoughts, urges, or behaviors disrupt your life or feel difficult to manage, seek help from a qualified mental health professional. If you believe you may violate someone's consent or safety, set protective boundaries, leave risky situations, and seek professional help promptly.

Understanding celibacy, asexuality, and aromanticism

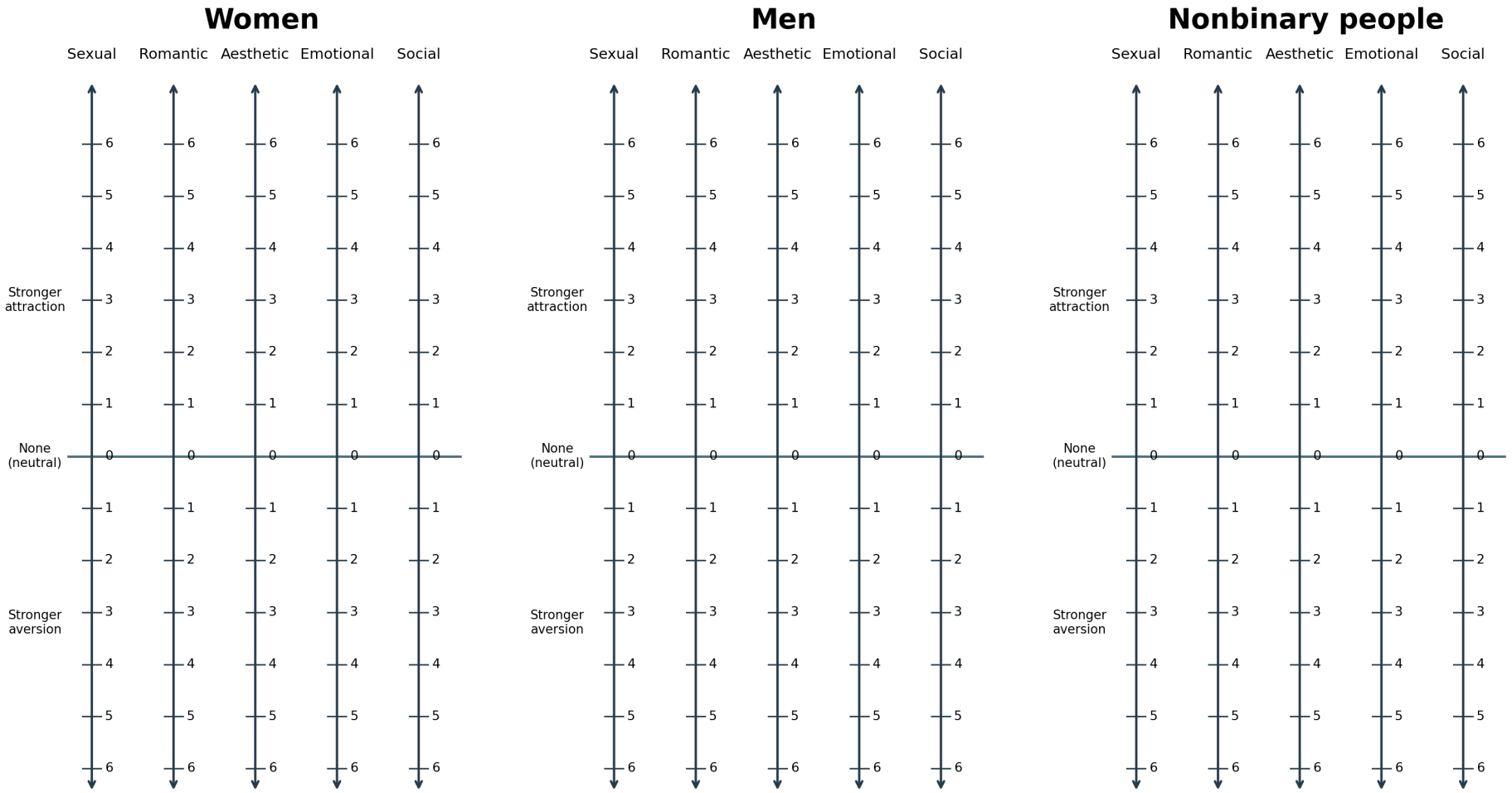
- ***Celibacy*** means choosing not to engage in sexual activity with others. Some people also abstain from masturbation and other solo sexual activities.
- ***Asexuality*** refers to experiencing little or no sexual attraction to others. Some asexual people experience sexual arousal, desire, or romantic attraction and choose to have sex.
- ***Aromanticism*** refers to experiencing little or no romantic attraction. Aromantic people may still experience sexual attraction, enjoy affection, or want close relationships.

These experiences can overlap. For example, you can be asexual without feeling sexually averse, experience sexual attraction while choosing celibacy, or feel romantic attraction without wanting sexual involvement. You can also feel neutral about sex or romance (you can take it or leave it), regardless of whether you experience attraction or aversion.

Comparing your attractions and aversions

On each of the three grids, mark your ratings for sexual, romantic, aesthetic, emotional, and social attraction or aversion. Then compare the grids. Which attractions or aversions are strongest, weakest, or similar? How do your patterns differ across men, women, and nonbinary people? What similarities or differences do you notice among your five types of attraction or aversion?

If you have a current or past partner, you may create a separate grid to explore your attractions or aversions toward that person. If you have more than one partner, you may create a grid for each. How do these patterns compare with your broader attractions and aversions?



Stability, fluidity, and responsiveness

At what age or ages did you first become aware of your sexual and romantic attractions, aversions, interests, and preferences? Which have stayed consistent, and which have changed or varied in type, direction, or strength over time?

How do your sexual and romantic attractions, aversions, interests, and preferences vary across different people, relationships, situations, or experiences? Are there experiences you find appealing in some situations but neutral or aversive in others? How flexible or responsive are these experiences for you?

Congruence, well-being, and support

How well do your current sexual and romantic experiences fit your attractions, desires, preferences, aversions, values, needs, and circumstances? What feels satisfying, affirming, neutral, tolerable, distressing, or aversive? How have you managed differences between what you want and how you live? What has helped or made things worse?

Which of these aspects might you benefit from developing or changing to increase your options for satisfaction and well-being: your values, beliefs, attitudes, attachment patterns, body image, motivations, relationship skills, self-awareness, internalized stigma, self-acceptance, or self-esteem? How might reducing anxiety, depression, or substance use affect your options?

What choices, relationships, circumstances, and support from yourself and others could help you meet your healthful needs and respect everyone's boundaries, consent, and rights?

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Beckstead, A. L., Metzler, S. C., Buspavanich, P., Morgan, E., & Cooper, M. (in press). *Developing sexual and gender identity: Understanding yourself and others, making informed choices, and building congruence: Resilience skills for LGBTQIA+ people and people with a different or no label*. LGBTQIA+ Peacebuilding Project. https://LGBTQIApeacebuilding.com