

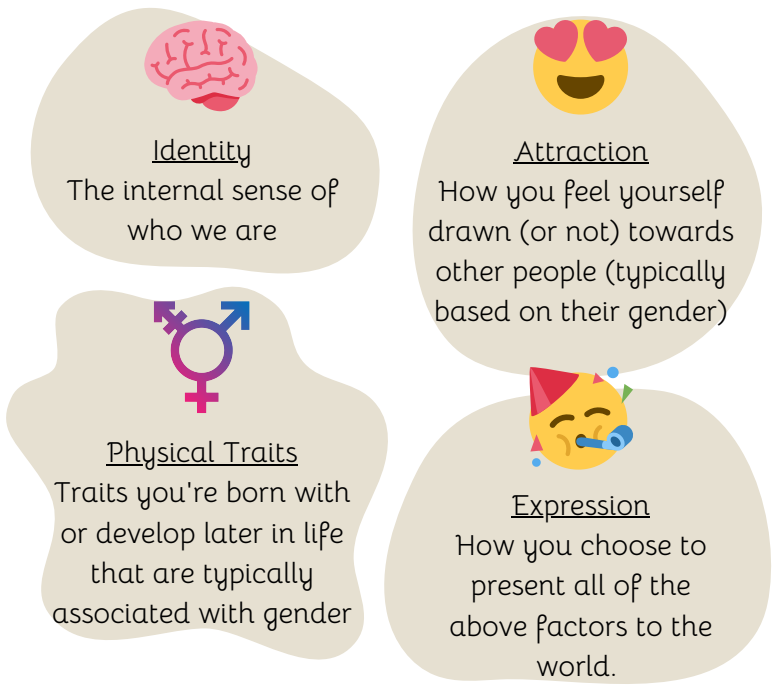
The Spectrum of Self

A guide to learning more about your identity.
For all people, regardless of your gender or sexual identity.



Whether you're cisgender or transgender; male, female, something between, or even none of the above, gender is NEVER as cut and dry as we often assume it is.

We can break down "who we are" into four main components:



We can break those components down further by looking at the different gendered aspects they are made of.



<h3>Gender Identity</h3> <p>How do you think about yourself? Close your eyes and imagine someone call you "he." Then "she." How does that make you feel?</p>	Woman <input type="checkbox"/> <input type="checkbox"/> Man <input type="checkbox"/> <input type="checkbox"/> Other <input type="checkbox"/> <input type="checkbox"/>	<h3>Sexual Attraction</h3> <p>Who you want to engage in <u>physical</u> intimacy with. This can include touching, cuddling, kissing, intercourse, etc.</p>	Woman <input type="checkbox"/> <input type="checkbox"/> Man <input type="checkbox"/> <input type="checkbox"/> Other <input type="checkbox"/> <input type="checkbox"/>
<h3>Gender Expression</h3> <p>Consider your clothing, mannerisms, job, role in relationships, hair, make-up, what emotions tend to crop up in a crisis, hobbies, etc.</p>	Feminine <input type="checkbox"/> <input type="checkbox"/> Masculine <input type="checkbox"/> <input type="checkbox"/> Other <input type="checkbox"/> <input type="checkbox"/>	<h3>Romantic Attraction</h3> <p>Who you want to engage in <u>social</u> intimacy with. This can include dating, flirting, marriage, living with, etc.</p>	Feminine <input type="checkbox"/> <input type="checkbox"/> Masculine <input type="checkbox"/> <input type="checkbox"/> Other <input type="checkbox"/> <input type="checkbox"/>
<h3>Physical Traits</h3> <p>Consider body hair, reproductive organs (internal and external), shoulder width, pitch of voice, chromosomes, hormones, height</p>	Female <input type="checkbox"/> <input type="checkbox"/> Male <input type="checkbox"/> <input type="checkbox"/> Other <input type="checkbox"/> <input type="checkbox"/>	<h3>Platonic Attraction</h3> <p>Who you want to engage in <u>platonic</u> intimacy with; meaning non-sexual, non-romantic, aka "friends."</p>	Female <input type="checkbox"/> <input type="checkbox"/> Male <input type="checkbox"/> <input type="checkbox"/> Other <input type="checkbox"/> <input type="checkbox"/>