## Out of the Rain Counseling Solutions, LLC

## 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.

chromosomes, hormones, height

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



Identity
The internal sense of
who we are



Physical Traits
Traits you're born with
or develop later in life
that are typically
associated with gender



Attraction

How you feel yourself drawn (or not) towards other people (typically based on their gender)



Expression

How you choose to present all of the above factors to the world.

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

0%/none 100%/all Gender Identity Woman Sexual Attraction Woman How do you think about yourself? Who you want to engage in physical Man Close your eyes and imagine intimacy with. someone call you "he." Then "she." Other This can include touching, cuddling, Other How does that make you feel? kissing, intercourse, etc. 🪰 Gender Expression Romantic Attraction Feminine 🗨 Feminine O-Consider your clothing, mannerisms, Who you want to engage in social Masculine 🗨 Masculine Ojob, role in relationships, hair, makeintimacy with. up, what emotions tend to crop up in Other Other This can include dating, flirting, a crisis, hobbies, etc. marriage, living with, etc. Physical Traits Female n Platonic Attraction Female Consider body hair, reproductive Who you want to engage in platonic Male Male organs (internal and external), intimacy with; meaning non-sexual, shoulder width, pitch of voice, non-romantic, aka "friends." Other Other