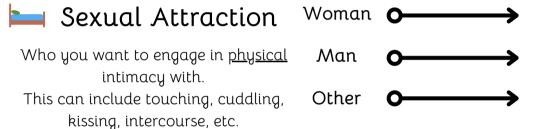


Now we'll do the same for attraction.

Remember, it doesn't have to be all-or-nothing or an even split. For instance, someone who identifies as bisexual could fill in their sexual attraction spectrums as 50% woman, 50% man; or 100% woman, 100% man; or even 10% woman, 60% man.

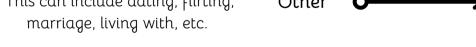




intimacy with.

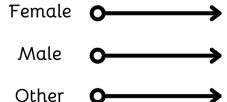
This can include dating, flirting,

Marriago living with sto



Who you want to engage in <u>platonic</u> intimacy with; meaning non-sexual, non-romantic, aka "friends."

n Platonic Attraction



You can learn more and download additional sheets at outoftherain.life/spectrum

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, transgender, something between, or even none of the above, gender is NEVER as cut and dry as we often assume it is.

This bite-sized worksheet will get you on your way to figuring out who <u>you</u> are and how you fit (or don't) within the LGBTQIA+ umbrella. Visit outoftherain.life or find us on Facebook and attend one of our Safezone workshops to learn more!

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)



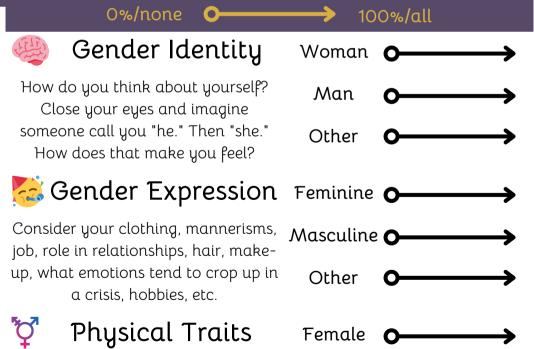
Expression

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

Now that we know the basic building blocks of who we are, we can start to break down each of those aspects even further. Lets start with gender.

For every category you're going to mark on the line where you fall, with the circle at the left being 0% or none, and the arrow on the right being 100% or all.

For example, if I feel I present as "75% male" to the world, I would mark 3/4 of the way down the "male" line under Gender Expression. You can have any combination that represents you, even if that means 75% on one and 50% on another, or 100% on each, or even all zeroes!



Male

Consider body hair, reproductive

organs (internal and external),

shoulder width, pitch of voice,

chromosomes, hormones, height