





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.

 **Sexual Attraction** Woman  →


Who you want to engage in physical intimacy with. Man  →

This can include touching, cuddling, kissing, intercourse, etc. Other  →

 **Romantic Attraction** Feminine  →

Who you want to engage in social intimacy with. Masculine  →

This can include dating, flirting, marriage, living with, etc. Other  →

 **Platonic Attraction** Female  →

Who you want to engage in platonic intimacy with; meaning non-sexual, non-romantic, aka "friends." Male  →

Other  →

You can learn more and download additional sheets at [outoftherain.life/spectrum](http://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.



**Out of the Rain**  
Counseling Solutions, LLC

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 you are and how you fit (or don't) within the LGBTQIA+ umbrella. Visit [outoftherain.life](http://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



### Attraction

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



### Physical Traits

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

0%/none 100%/all



## Gender Identity

How do you think about yourself?  
Close your eyes and imagine someone call you "he." Then "she."  
How does that make you feel?

- Woman
- Man
- Other



## Gender Expression

Consider your clothing, mannerisms, job, role in relationships, hair, make-up, what emotions tend to crop up in a crisis, hobbies, etc.

- Feminine
- Masculine
- Other



## Physical Traits

Consider body hair, reproductive organs (internal and external), shoulder width, pitch of voice, chromosomes, hormones, height

- Female
- Male
- Other