WORKSHEET 2.1

Assessment: Milestone Events

Directions: The following questions are about what are called “milestone events.” These are common experiences that may influence how a person thinks about oneself in light of the person’s same-sex sexuality. Some people experience some of these milestones but not others. Feel free to share about your own experience with each possible milestone without the expectation that you should have experienced any one or all of them.

1. How old were you when you first felt attraction to the same sex? What did your same-sex attractions or same-sex sexuality mean to you? How did you initially make sense of it?

2. Some people report feeling confused by their initial experiences of same-sex attraction. Has that been part of your experience? Were your experiences of attraction confusing for you?
3. Who have you disclosed your experiences of same-sex attraction (or gay identity) to?
   ☐ Peers ☐ Youth minister / religious leader
   ☐ Siblings ☐ Parents ☐ Other

4. What do your attractions mean to you today?

5. Some people use different sexual identity labels to capture how they think about themselves. These labels include gay, lesbian, straight, bisexual, questioning, queer, no label, same-sex attracted (SSA), and so on. Does any specific sexual identity label resonate with you today?

6. Similarly, people use different sexual identity labels to communicate their experiences to others. Again, there are many available labels: gay, lesbian, straight, bisexual, questioning, queer, no label, same-sex attracted (SSA), and so on. How do you identify yourself to others?

7. Describe your experience with same-sex dating / relationships.
8. Some people who experience same-sex attraction may date people of the opposite sex or pursue heterosexual sexual behavior. Has this been part of your experience? If so, please describe.

9. Describe your experiences with the broader LGBTQ+ community.

10. How would you describe the relationship between your sexual identity and your religious identity growing up?

11. How would you describe the relationship between your sexual identity and your religious identity today?