**WORKSHEET 5.1**

**Aspects of Sexual Identity: Sample**

**Directions:** Think about the different aspects of your sexual identity. These include (a) biological sex, (b) gender identity, (c) persistence and direction of sexual attraction, (d) intention, (e) behavior, and (f) beliefs and values (or valuative framework). Please label the sections in the pie chart below so that they illustrate what relative “weight” you would give to these aspects of your sexual identity. For example, if you give significant weight to the fact that you experience same-sex attraction, then you might give 30 or 40% to that piece of the pie. On the other hand, if you give greater weight to the fact that you are a biological male or female, you might give this aspect of your sexual identity a higher percentage, say 40%, compared to the fact that you also experience same-sex attraction, which you might give 10–15%.

**Aspects of Sexual Identity**

- Biological sex (as male or female)
- Gender identity (how masculine or feminine a person feels)
- Persistence and direction of sexual attraction (toward the same or opposite sex, or toward both)
- Intentions (how a person intends to act, the kind of person one intends to become)
- Valuative framework (one’s beliefs and values about sexual behavior)
- Behavior (what one does with the intentions and attractions one has)

**Note:** This example is based on an 18-year-old male’s assessment in which he stated that the fact he experienced same-sex attraction signaled to him that he is gay. He also stated that his beliefs and values supported this view, and so these also figured prominently in his sex-
ual identity. Less important were his behavior—he had not engaged in any same-sex behavior outside of fantasy during masturbation. He gave relatively little weight to the fact that he was a biological male, his sense of his own masculinity (gender identity), and his intentions.

**Figure 5.3. Weighted Aspects of Sexual Identity—Example**

Notes: