Worksheet 8.1

Identifying Proscriptive Constraints

**Directions:** Journal your thoughts in response to the following questions. Remember that proscriptive constraints refer to messages that tell you not to talk about same-sex sexuality or religious faith at all.

- What messages do people receive about whether it is okay to talk about their same-sex sexuality: in the church, in your home growing up, with friends, in the mainstream gay community, in the broader culture, in your family today, and so on?

- Provide an example of a proscriptive constraint regarding same-sex sexuality that you have personally witnessed. In other words, when have you received the message not to talk about same-sex attraction or same-sex sexuality?
• Who conveyed that proscription and how was it communicated? 

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• What could be the impact of proscriptive constraints on a person who is trying to make sense of their same-sex sexuality? What has been the impact on you?

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