Worksheet 8.2

Identifying Prescriptive Constraints

Directions: Journal your thoughts in response to the following questions. Remember that prescriptive constraints are messages that tell you it is okay to talk about same-sex sexuality or religious faith, but that you have to talk about these things in a specific way.

- What messages do people receive about how 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 prescriptive constraint regarding same-sex sexuality that you have personally witnessed. In other words, when have you received the message that there are specific ways you should talk about same-sex attraction or same-sex sexuality?
• Who conveyed that prescription and how was it communicated?

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