

UNSURE

The teenage years can be a time of many important changes. The teenager changes physically, emotionally, and socially. Family and peer relationships often change, as well. Some of these changes feel good, while other changes may cause the teenager to feel anxious or confused. It is not uncommon for some teenagers to experience anxiety, worry, or confusion about their sexual identity. Some teenagers struggle with whether they may be gay. This assignment will help your therapist better understand your anxiety or confusion about this issue. Please respond to the following items.

1. Please rate your level of anxiety and confusion about your sexual identity on a scale from 0 to 10 (0 = none, 10 = extreme). Place a checkmark at the appropriate level.

0	1	2	3	4	5	6	7	8	9	10
None	Mild		Moderate			High		Extreme		

2. Please rate your level of attraction to same-sex peers on a scale of 0 to 10 (0 = no attraction, 10 = very strong attraction).

0	1	2	3	4	5	6	7	8	9	10
No attraction	Mild attraction		Moderate attraction			High attraction		Very strong attraction		

3. Please rate your level of attraction to opposite-sex peers on a scale of 0 to 10 (0 = no attraction, 10 = very strong attraction).

0	1	2	3	4	5	6	7	8	9	10
No attraction	Mild attraction		Moderate attraction			High attraction		Very strong attraction		

4. When did you first have thoughts that you might be gay? What age were you? _____

5. What life experiences have you had that lead you to believe that you may be gay? _____

6. What people or social situations trigger your thoughts and feelings about possibly being gay? _____

7. Have you ever been sexually abused? ____ Yes ____ No If yes, please explain. _____

8. Have you ever had any homosexual experiences? ____ Yes ____ No If yes, please explain. _____

9. At the present time, what causes you to believe that you may be gay? _____

10. What is your greatest fear or worry about possibly being gay? _____

11. How do you think your parents or family members would react if they learned that you were gay? _____

12. How do you think your friends or peers would react if they were to learn that you were gay? _____

13. Who do you feel comfortable talking to about your sexual identity? _____
