

Gender Exploration Exercise

This is a master copy. Please go to "File: Make a Copy" to fill out this worksheet for yourself.

This exercise is intended to guide exploration of your own gender identity, experiences, and feelings you have about your gender. This likely won't give you any definitive answers about your gender identity; it is just a way to consciously reflect on your relationship with gender. Feel free to edit the questions to best fit your needs.

When answering questions that ask you how you feel, try to use more precise terms than good or bad. Some terms you might use include: invalidated, heard, loved, seen, ignored, angry, confused, empowered, indifferent, etc. Once you write down these feelings, consider why they make you feel this way. You might not be able to pinpoint an answer right away, but thinking about it is a good start!

Names:

The name most people call me is _____.

When people use this name, I feel _____.

A name I like to be called is _____.

When people use this name, I feel _____.

A name I don't like to be called is _____.

When people use this name, I feel _____.

What would it feel like to ask someone to stop using a name that they've been using for you, or what did it feel like if you have done this in the past? What would/does it feel like when someone calls you a name other than the name you use for yourself?

Pronouns:

If someone called me SHE, I would feel _____.

If someone called me HE, I would feel _____.

If someone called me THEY, I would feel _____.

If someone called me ZE, I would feel _____.

If someone called me IT, I would feel _____.

If someone referred to me with no pronouns (name only), I would feel _____.

Have you ever had an experience where someone mistook you for a different gender? What was that like?

Gender Language:

If someone called me a man, I would feel _____.

If someone called me a woman, I would feel _____.

If someone called me nonbinary, I would feel _____.

If someone called me trans/transgender, I would feel _____.

If someone referred to me with masculine terms (bro, guy, king), I would feel _____.

If someone referred to me with feminine terms (chick, lady, queen), I would feel _____.

If someone referred to me with gender-neutral terms (person, friend, partner), I would feel _____.

Gender Expression:

If I was perceived as masculine, I would feel _____.

If I was perceived as feminine, I would feel _____.

If I was perceived as androgynous/gender neutral, I would feel _____.

In masculine clothes, I feel _____.

In feminine clothes, I feel _____.

Does your gender influence how you present yourself – what clothes you wear, how you style your hair, whether you wear makeup, etc.? If you were a different gender, would you still do any of those things? Would you dress or accessorize differently?

Gender Identity:

Some words I use to define my gender are _____.

My gender feels like (select one):

**The most important
aspect of who I am
as a person**

**A somewhat
important aspect of
who I am as a person**

**Only a small aspect
of who I am as a
person**

**Totally irrelevant to
who I am as a person**

Do you think you would have answered this question the same way over the course of your whole life? Why or why not?

Some things I LIKE about being my gender are:

Some things I DON'T LIKE about being my gender are:

Reflect on a time that someone questioned your gender, intentionally called you words associated with a different gender, or said that something about you was too much like a

different gender either as an adult or as a child (e.g. calling a boy “girly,” calling a girl “mannish,” etc). How did it feel? Did it change your feelings about that part of yourself? Did it change your behavior? Did it affect your relationships with the other people involved? How would you respond if someone said that to you today?
