

LGBT – Lesbians, Gay, Bi-sexual & Transgenders

'Am I Gay'?

1. Are you attracted to people of the same sex?
 - Are you more interested in members of the same sex?
 - Do you tend to notice physical attributes of the members of the same sex more often than?
 - Are you more intrigued by members of the same sex?
 - Do you find yourself attracted to members of the same sex more often?
 - Do you find yourself thinking about members of the same sex in a more intimate manner?
 - Have you felt the need to be closer or intimate with members of the same sex?
 - Have you enjoyed being intimate with members of the same sex?
 - Do you get aroused by thoughts about being intimate with members of the same sex?
2. What about them interests you or attracts you?
 - Is it something physical?
 - Are you attracted to them on a more emotional or physical level?
 - Could you tell me more about your feelings to them or that person?
3. How do you feel when you are around them?
 - What are the physical sensations you experience?
 - Do you get aroused?
 - How do you feel emotionally?
4. Have you felt like this before?
 - What happened that time?
 - How did you react?
 - How often have you felt attracted to members of the same sex?
 - What did you feel about that?
 - What were your thoughts/views on it?
5. How do you feel about people of the opposite sex?
 - Why do you say this?
 - Did something happen in the past to influence you?
 - What happened?
 - How did it impact you?
6. What does being gay or lesbian mean to you?
 - Have you ever felt that you may be gay/lesbian?
 - What made you think that way?
 - Were there any signs?
 - How do you feel about being gay/lesbian?
 - Why is that?
 - What makes you say that?

'Coming Out':

7. What is coming out like?
 - How do you feel about it?
 - What are your apprehensions?
 - Is it something that you want to do?>
 - What are you worried about?
 - Have you acknowledged that you are gay/lesbian?
 - What are the emotions you are going through in this process?
 - What do you want to do about it?
 - Have you thought about how you want to tell people?
 - How are you going to go about it?
2. When were you aware of your sexual identity?
 - Did you feel 'different' to other people of the same sex?
 - When did you recognise that you are not interested in people of the opposite sex?
 - When did you acknowledge and come to terms with feelings that do not match the gender roles traditionally associated with your birth sex?
 - How did you come to realise this?
 - How did you feel when you realised this?
 - How did you react?
3. How did you deal (how are you dealing) with the changing feelings/emotions associated with people of the same sex?
 - How did you come to terms with your feelings towards people of the same sex?
 - What did you do?
 - Did you try to conceal your homosexuality?
 - Did you persevere with heterosexual relationships to try and 'convert' and/or conceal your homosexuality from others?
 - Have you tried to redefine your homosexual feelings and behaviour in such a way as to convince yourself that you are not really homosexual?
 - Have you described an experience as a 'one-off' or a 'phase', or put it down to extreme emotional or physical circumstances such as the break-up of a relationship or drunkenness at a party?
4. How did you 'cope' with the emotional upheaval when you first came to terms with it?
 - Did you deny it?
 - Did you seek help to eradicate your feelings?
 - Did you try to avoid thoughts and feelings which may confirm homosexuality?
 - Did you ignore inclinations which you don't feel are acceptable for your biological sex?
 - Did you find it hard to seek information and support?
5. How did you manage relationships with peers and family?
 - Did you find that the relationship changed?
 - How did you deal with it?
 - What did you do to try to get back to what it was?
 - Did you feel that the relationships need managing?

- If so, in what way?
 - What aspect of the relationship needed managing?
6. How did you deal with your lack of sexual interest in members of the opposite sex?
- Did you avoid situations in which you encounter opportunities for heterosexual relationships?
 - What did you do?
 - Did you feel like you had to pretend to be straight in order to be accepted?
7. Have you tried to avoid confronting your feelings by expressing strong homophobia?
- How did you feel when you behaved like that?
 - Did it help the situation?
 - How did others around you react to this attitude of yours?
8. Have you turned to drink and drugs in order to find temporary relief?
- Did it help?
 - How does it help you?
 - What does drinking do for this situation?
9. Have you found it difficult to understand sexual orientation which does not fit into the categories of 'gay' or 'straight'?
- Have you in particular rejected Bisexuality as a phase?
10. Have you been able to accept your identity and express it in a positive way?
- Why/ why not?
 - How have you done that?
 - Why aren't you able to do it?
 - How do you express your identity?
 - What can you do in order for you to start accepting it?
 - What do you need from others/ environment for you to start accepting your sexual identity?
 - Is it something that can happen?
 - What role can you play in it?
11. Do you mix with other LGBT people?
- In social settings?
 - Through support groups?
 - What have these interactions been like?
 - Have you been comfortable with it?
 - Is it something that you would like to do?
 - How have you felt in these social settings/ interactions?
12. Who are you?
- What kind of person are you?
 - What do you think about yourself?
 - Why do you say that?
 - Can you give me examples?
13. How do you want to live your life?
- Do you see your way as a 'valid' way of life?
 - What do you want in life?
 - What do you need from the society to live your life?

14. Do you choose to undergo medical treatment so that your body reflects your gender identity?
 - What helped you come to this conclusion?
 - What made you choose this?
 - Do you feel you are ready for something like this?
15. How do you express your gender identity?
 - Through how you dress and present yourself?
 - How you ask others to refer to you?
16. Do you feel proud?
 - Challenge society norms?
 - Positive role models to others less sure about coming out?
17. Have you experienced homophobic bullying?
 - How did it make you feel?
 - What did you do?
 - What/ whom were you afraid of?
 - How did they bully you?
 - What did they do/ say to you?
 - Did other people know about this bullying?
 - How did your friends/family feel towards this bullying?
 - How did they react?
18. How did people react when you 'came out'
 - Were you surprised?
 - Painful/negative reaction?

'Family and Friends'

19. How do your parents feel about your sexuality?
 - How did they react?
 - How did that make you feel?
 - How did you feel when you told them?
 - Do they treat you differently now?
 - How do they behave/ act around you or towards you?
 - What is their attitude towards your sexuality?
20. How supportive are your parents?
 - How have they shown their supportiveness?
 - Do you feel supported by them?
 - Do you feel your parents could have done more?
 - What do you need from your parents?
 - How open can you be with your parents?
 - Have you felt that you have been treated differently since coming out?
21. What differences do you see in other people's behaviour and attitude to you?
 - What do you feel about that?
 - How do you know they are treating you differently?

- What are they doing differently?
 - How have they changed in their change in their behaviour towards you?
 - How has this affected you?
 - Are you confused about the relationships with your parents/friend changing?
 - What do you feel about this?
22. What do you need for you to feel safe and comfortable?
- What can your parents and friends do in order to make you feel safer?
 - What do you need in order to be more comfortable in your environment?
 - What do you think you can do to be more comfortable?
23. How do your friends relate to you?
- Do feel differently towards your friends?
 - Do you have the same sort of equation with them as you did before?
24. How insecure or threatened do you feel?
- Why do you say this?
 - What are you feeling insecure about?
25. How do you feel about your friends/parents knowing about your sexuality?
26. Do you have any concerns?
- What sort of concerns?
 - Is there anything that is worrying you?
 - What kind of things?
 - What are you afraid/scared of?
27. What would an ideal situation be like for you?
- What can you do to make some of that happen?
 - What do you feel you need to do for this to happen?
 - What changes can you make?
 - What adaptations can you make to better the situation?
 - What are the things under your control?
 - How can you control/manage them?