

## The Questionnaire

The last step to keeping the big picture in mind during your gender identity exploration is exploring the different ways, layer by layer, you are being affected by gender identity confusion. This concept was first mentioned in Wisdom Tip 5: Simplifying the Complicated (page 97). Now we're going to put it into practice.

The following questions will help you examine as many layers of yourself as possible, focusing on gender only if it makes sense for you to do so. This way you can discover which attributes of yourself and your life are most affected by gender and which are not. Once you've finished *Stage Three: Exploration*, you'll have the chance to put all of these pieces together so you can see if any patterns have formed. For now, give each question as much individual attention as possible.

### TIPS FOR FILLING OUT THE QUESTIONNAIRE

- Each question is open-ended. This is to encourage you to use your own words to describe your experience and give you the chance to explore complex questions in more depth.
- The question “How much (if at all) is this connected to your gender-related concerns?” is asked because it is possible not all of the questions will tie back into your gender identity. Results will differ from person to person—there are no wrong or right answers here.
- Fill out what you can. You may not be able to answer all of the questions right now, and/or your answers might change over time. You will have an opportunity to fill this questionnaire out again toward the end of the book once you have worked through *Stage Three: Exploration*.

### Examples

**Q:** How do you feel about the name you currently use and are addressed as? How much (if at all) is this connected to your gender-related concerns?

**A:** I feel like my first name is gender neutral. This does relate to my gender because if it were a more female-sounding name, I would want to change it to something that would feel more fitting for me.

**Q:** How do you feel about the amount of body hair that you have (or don't have)? How much (if at all) is this connected to your gender-related concerns?

**A:** I do not like having body hair. I can't even put into words how wrong it feels to have it and to have to see it on me. I am pretty sure this has to do with my gender, although maybe I just don't like body hair in general?

## THE QUESTIONNAIRE

1. How do you feel about the name you currently use and are addressed as? How much (if at all) is this connected to your gender-related concerns?

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2. How do you feel about being addressed by a gendered term that coincides with your gender assigned at birth (e.g., ma'am, sir, ladies, fellas, lad, lass)? How much (if at all) is this connected to your gender-related concerns?

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3. How do you feel about being addressed by a gendered term that does not coincide with your gender assigned at birth? How much (if at all) is this connected to your gender-related concerns?

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4. How do you feel about being addressed as your gender assigned at birth pronouns? How much (if at all) is this connected to your gender-related concerns?

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5. How do you feel being addressed by gendered adjectives such as *pretty* or *handsome*? How much (if at all) is this connected to your gender-related concerns?

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6. How do you feel about using the public restrooms/changing rooms that you are expected to based on your current gender presentation? How much (if at all) is this connected to your gender-related concerns?

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7. How do you feel about having/not having a menstrual cycle? How much (if at all) is this connected to your gender-related concerns?

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8. How do you feel about being able to/not being able to conceive a child? How much (if at all) is this connected to your gender-related concerns?

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9. How do you feel about the amount of body hair that you have (or don't have)? How much (if at all) is this connected to your gender-related concerns?

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10. How do you feel about having the amount of facial hair that you have/don't have? How much (if at all) is this connected to your gender-related concerns?

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11. How do you feel about your voice? How much (if at all) is this connected to your gender-related concerns?

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12. How do you feel about tone and pitch in which you speak? How much (if at all) is this connected to your gender-related concerns?

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13. How do you feel about your eyebrows? How much (if at all) is this connected to your gender-related concerns?

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14. How do you feel about your hairstyle? How much (if at all) is this connected to your gender-related concerns?

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15. How do you feel about your current wardrobe? How much (if at all) is this connected to your gender-related concerns?

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16. How do you feel about wearing/not wearing makeup? How much (if at all) is this connected to your gender-related concerns?

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17. How do you feel about wearing/not wearing earrings, having/not having piercings and/or tattoos, and carrying/not carrying certain accessories? How much (if at all) is this connected to your gender-related concerns?

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18. How do you feel about your height? How much (if at all) is this connected to your gender-related concerns?

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19. How do you feel about your chest? How much (if at all) is this connected to your gender-related concerns?

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20. How do you feel about your body shape? How much (if at all) is this connected to your gender-related concerns?

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21. How do you feel about the structure of your face? How much (if at all) is this connected to your gender-related concerns?

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22. How do you feel about the size of your hands and feet? How much (if at all) is this connected to gender-related concerns?

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23. How do you feel about having (or not having) an Adam's apple? How much (if at all) is this connected to your gender-related concerns?

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24. How do you feel about your genitals? How much (if at all) is this connected to your gender-related concerns?

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25. How would you describe your sexual orientation? How much (if at all) is this connected to your gender-related concerns?

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26. How do you feel about having partners, concerning physical intimacy? How much (if at all) is this connected to your gender-related concerns?

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27. How do you feel about having partners, concerning emotional intimacy? How much (if at all) is this connected to your gender-related concerns?

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28. How do you feel about assumptions others make about you based on their perception of your gender? How much (if at all) is this connected to your gender-related concerns?

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29. How do you feel about the way your family addresses you when not using your name (e.g., son/daughter, niece/nephew, mother/father)? How much (if at all) is this connected to your gender-related concerns?

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30. To what extent do you feel your hobbies and interests truly reflect who you are? How much (if at all) is this connected to your gender-related concerns?

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31. How do you feel when you are separated into groups by gender? How much (if at all) is this connected to your gender-related concerns?

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## SUMMARY OF YOUR RESPONSES

- *Read through your answers. Place a star next to the responses that are most problematic to you (e.g., revealed a high level of disconnect, dissatisfaction, discomfort, etc.). These can be questions that do or do not relate to gender.*
- *Which of these questions and answers that you just listed are related to gender? Place a second star next to those responses.*

