

YOUR UNIQUE CULTURAL LENS

QUESTIONS AND A HINT TO FACILITATE YOUR EXPLORATION OF LAYER 9 — GENDER AND SEXUALITY:

- How do you self-identify relative to your own gender identity and expression as well as your own sexual assignment, orientation and behavior?
- When did you start to notice the self-identity that best fits you?
- What transitions in your own self-identification have you gone through?
- What cultural backgrounds supported this exploration or lack of exploration?
- What cultural backgrounds made your exploration more difficult?
- What are the benefits/strengths of your current self-identification?
- What are its challenges?
- What lessons do these gender/sexual reflections evoke about who you are?
- From your own position of awareness, how can you help others?

HINT: Start with your earliest awareness of your own gender and sexuality, usually around puberty, and reflect on its progression until the present, including naming how you currently self-identify.
