

# IDENTITY FORMATION: QUEER IDENTITIES

Language matters. **Your** language matters. Each member of the Queer community will define the word, 'queer' differently. Some may even reject this identity altogether and prefer to use LGBTQIA2+ or another combination of letters. Best practice is to use the language that your friend/family member/client uses to describe themselves. Use this worksheet to further your exploration of your understanding of working with others around gender and sexuality.

Pronouns

**Masculine Pronouns:** He, Him, His  
**Feminine Pronouns:** She, Her, Hers  
**Gender-Neutral Pronouns:**  
 They, Their, Theirs  
**Neopronouns (new pronouns):**  
 Ze, Hir/Zir, Hirs/Zirs  
 Xe, Xem, Xyr  
**Gender-Neutral Spanish:**  
 Elle instead of El or La  
 Latine instead of Latina/o

**In your own words, describe how you can correct yourself when accidentally using the wrong pronouns for others or how you would prefer others to correct you:**

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## Match the following terms to the correct descriptions:

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| Cisgender               | An identity which is characterized by a spectrum from low to no sexual/romantic attraction to others  |
| Polyamorous             | A gender identity which signals that a person's personal identity and gender correspond with the sex assigned to them at birth.   |
| Transgender             | A relational identity which is characterized by having multiple romantic and/or sexual relationships which privileges consent among all individuals.                                    |
| Non-Binary              | A sexuality which includes sexual/romantic attraction to cis-gendered individuals (ie. cis-men and cis-women)   |
| Sex (assigned at birth) | A label that includes a spectrum of gender identities that fall outside the gender binary (ie. masculine ----- feminine)  |
| Gender                  | A person-created framework which characterizes traits as either masculine or feminine often for the purpose of marketing and policing behaviors.  |
| Bisexual                | An umbrella term and gender identity which denotes a person's sense of their identity and gender does not correspond to the sex assigned to them at birth.                              |
| Pansexual               | A label assigned to an individual at birth based on their reproductive organs, chromosomes, and hormone levels (often, male or female).   |
| Asexual                 | A sexuality which includes sexual/romantic attraction to individuals which is not limited to assigned sex at birth, gender, or gender identity.   |
| Queer                   | A term for individuals who are born with undifferentiated reproductive organs or with any of several variations in sex characteristics, including: chromosomes, gonads, or sex hormones |
| Intersex                | An umbrella term and identity for sexual and gender minorities.   |

## Confidence

What ways do you differ from these stereotypes?

In the space provided, list all of the stereotypes you can think of that society has for men and women:

Stereotypes for men:

Stereotypes for women:

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When you're in relationship with someone with a different sexuality or gender identity than your own, you may feel an increase of anxiety because of the difference in the room.

Describe what "anxiety triggers" you may feel or the thoughts you may tell yourself about the difference:

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## Coping

list your favorite ways to regulate your anxiety in the moment:

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How do you think your relationships with queer folk would change if you felt more confident regulating your own anxiety?

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## Humility

"The culturally humble therapist is interested in and open to exploring the client's cultural background and experience. The culturally humble therapist does not assume their cultural perspective is "the correct one"; rather, the culturally humble therapist recognizes that there are several valid ways of viewing the world and developing a sense of one's beliefs and values."

List the first steps you can take to begin practicing "cultural humility" with the people in your life of diverse identities:

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