

A Sexual Orientation Worksheet

by Ben Roe

If you want to explore your own sexual orientation, here is a simple research instrument that was used by Fritz Klein and others. It is a refinement of the Kinsey Scale which ranked behavior and "psychologic reactions" on a scale from 0 to 6, with 0 being exclusively heterosexual, 6 being exclusively homosexual, and 3 being equally homosexual/heterosexual.[1]

Klein wanted to test his idea that sexual orientation was a "dynamic, multi-variable process," so he developed the Klein Sexual Orientation Grid. He thought that an individual's sexual orientation was composed of sexual and non-sexual variables which differed over time.[2] There are

three variables which directly describe the sexual self (attraction, fantasy, and behavior), three which describe aspects considered crucial to the composition of sexual orientation (emotional preference, social preference, and heterosexual or homosexual lifestyle), and also the variable of self-identification.[3]

This form can be used privately for your own reflection or in a sharing group, or in less personal educational settings. You may make a copy of the Grid with the scales and explanatory text and then fill it out. Following the presentation of the instrument is a series of things to think about or explore in a group.

The following text closely follows that of the Klein article.

Klein Sexual Orientation Grid

Variable	Past	Present	Ideal
A. Sexual Attraction			
B. Sexual Behavior			
C. Sexual Fantasies			
D. Emotional Preference			
E. Social Preference			
F. Self-Identification			
G. Hetero/Gay Lifestyle			

Scale 1

Other sex only	Other sex mostly	Other sex somewhat more	Both sexes equally	Same sex somewhat more	Same sex mostly	Same sex only
1	2	3	4	5	6	7

Scale 2

Hetero only	Hetero mostly	Hetero somewhat more	Hetero/Gay	Gay somewhat more	Gay mostly	Gay only
1	2	3	4	5	6	7

A. Sexual Attraction

In this grid, you will be choosing three numbers, one for each of three aspects of your life: your past, your present, and your ideal. Beginning with your past (up to a year ago), ask yourself where you fit on this scale and select the number that best describes you. Write this number in the corresponding box marked "past" on the line for Variable A (Sexual Attraction) on the grid. Then select a number that describes your present sexual attraction using the preceding year as the time period you consider. For a number of people it is the same number; for others it is different. Write this number in the box marked "present" on the line for Variable A. Now ask yourself which number you would choose to be if it were a matter of choice or will. Remember there are no right or wrong numbers. When you finish writing this last number in the box marked Ideal for Variable A on the grid you should have completed the three boxes for Variable A.

B. Sexual Behavior

Here we look at actual behavior as opposed to sexual attraction. With whom do you have sex? Use the scale to rate yourself. As with the previous scale, choose a number for past, present, and ideal sexual behavior, then enter the numbers on the grid, this time under Variable B.

C. Sexual Fantasies

The third variable is sexual fantasy. Whether they occur during masturbation, while daydreaming, as part of our real lives or purely in our imaginations, fantasies provide insight. Rate yourself on the scale, then enter the numbers on the grid.

D. Emotional Preference

Our emotions directly influence, if not define, the actual physical act of love. Ask yourself if you love and like only the opposite sex or if you are also emotionally close to the same sex. Find out where you fit on the scale; rate yourself as with the other scales. Enter the numbers on the grid.

E. Social Preference

Though closely allied to emotional preference, social preference is often different. You may love only women but spend most of your social life with men. Some people, of all orientations, only socialize with their own sex, while others socialize with the opposite gender exclusively. Where are you on the scale?" Choose three numbers as you have on the other scales.

F. Self-Identification

Your sexual self-definition is a strong variable since self-image strongly affects our thoughts and actions. In several cases, a person's present and past self-identification differs markedly from their ideal. Choose three numbers on Scale 2 and fill in the numbers on the grid.

G. Heterosexual/Homosexual Lifestyle

Some heterosexuals only have sex with the opposite sex but prefer to spend the majority of their time with gay people. On the other hand, homosexual or bisexual persons may prefer to live exclusively in the gay world, the heterosexual world, or even to live in both worlds. Lifestyle is the seventh variable of sexual orientation. Where do you tend to spend time and with whom? Choose three numbers on Scale 2 as you have on the other scales and enter them on the grid.