

Assessment of Personal Homophobia

Homophobia may be defined as an unrealistic fear of, or generalized negative attitude toward, gay, lesbian, and bisexual individuals. Homophobia may be experienced and expressed by lesbians, gay men and bisexuals as well as by heterosexuals.

1. Do you stop yourself from doing or saying certain things because someone might think you're gay, lesbian or bisexual? If yes, what kind of things?
2. Do you ever intentionally do or say things so that people will think you're heterosexual?
3. Do you believe that gays or lesbians can influence others to become homosexual? Do you think someone could influence you to change your sexual and affectional preference or your gender identity?
4. If you were a parent, how would you (or do you) feel about having a lesbian daughter, gay son, or a bisexual or transgendered child?
5. How do you think you would feel if you discovered that one of your parents or parent figures, or a brother or sister, were gay, lesbian, bisexual or transgendered?
6. Are there any jobs, positions, or professions that you think lesbians, gays, bisexual or transgendered individuals should be barred from holding or entering? If yes, why?
7. Would you go to a physician whom you knew or believed to be gay, lesbian, bisexual or transgendered if that person were of a different gender from you? If that person were of the same gender as you? If not, why not?
8. If someone you care about were to say to you, "I think I'm gay," would you suggest that the person see a therapist?
9. Have you ever been to a gay or lesbian bar, social club, party or march? If not, why not?
10. Would you wear a button that says, "How dare you presume I'm heterosexual"? If not, why not?
11. Can you think of three positive aspects of a gay, lesbian, bisexual or transgendered lifestyle? Can you think of three negative aspects of a heterosexual lifestyle?
12. Have you ever laughed at a "queer" joke?