

Discovering
my



SEXUAL ORIENTATION

Discovering My Sexual Orientation



The intention of this practice is to provide a space where you can reflect on your sexual orientation and the term or terms that fit how you see yourself. In the next pages, look into the terms that you feel apply to you the most.



Sexual orientations include terms like “**straight**”, “**heterosexual**”. “**bakla**”, “**bading**”, or “**tomboy**”, or some other terms, like:

LESBIAN

Women who are attracted to women

GAY

Men who are attracted to men

BISEXUAL or
POLYSEXUAL

People who are attracted to two or more genders

QUESTIONING

People who are exploring their sexual orientation

NEW TERMS



There are some terms that may seem unfamiliar to you as well, such as:

ASEXUAL

People who do not feel sexual attraction

AROMANTIC

People who do not feel romantic attraction

PANSEXUAL

“Pan” means “all,” so these are people who can experience attraction with all genders

And if you feel that none of the terms resonate with you, you can be creative and make or find your own terms and define them by filling in the blanks!

Do any of these words describe you?

☐

Bakla

☐

Gay

☐

“Straight” or
heterosexual

☐

Bading

☐

Bisexual

☐

Asexual

☐

Tomboy

☐

Queer

☐

Pansexual

☐

Lesbian

☐

Questioning

**Nothing resonates?
Write your own!**

This is just a partial list of some of the most commonly used terms. It's perfectly OK to check more than one term!



How are you?

☐

What was it like for you to complete this exercise?

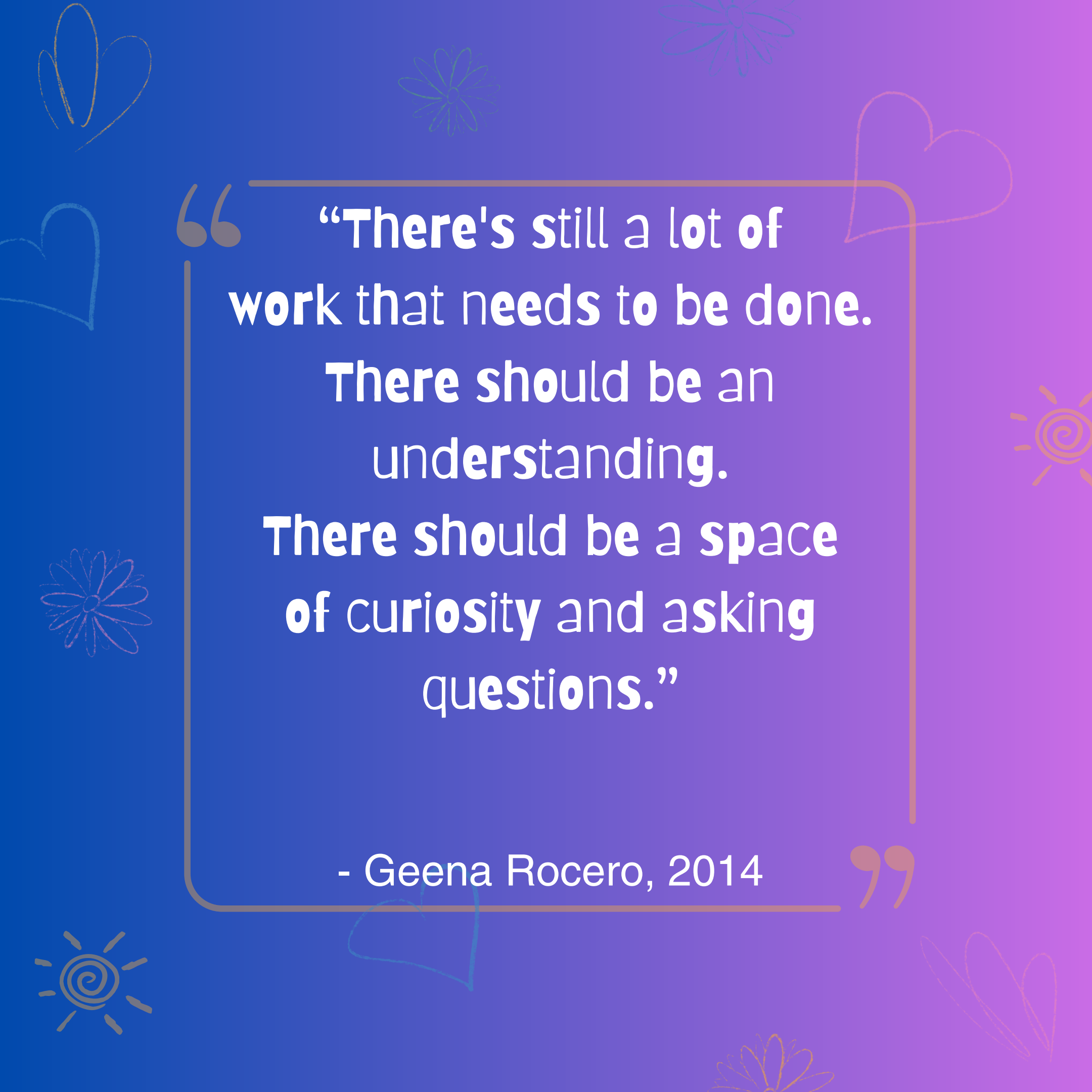
☐

Was there one term that clearly feels fitting to use to describe your sexual orientation?

☐

Was there more than one term that described your sexual orientation?

You may have learned some new words that feel fitting to describe your sexual orientation, or the terms listed may feel insufficient and using your own words feels more true to you.



**“There's still a lot of
work that needs to be done.
There should be an
understanding.
There should be a space
of curiosity and asking
questions.”**

- Geena Rocero, 2014

RAINBOW FUND

THE PROJECT

