

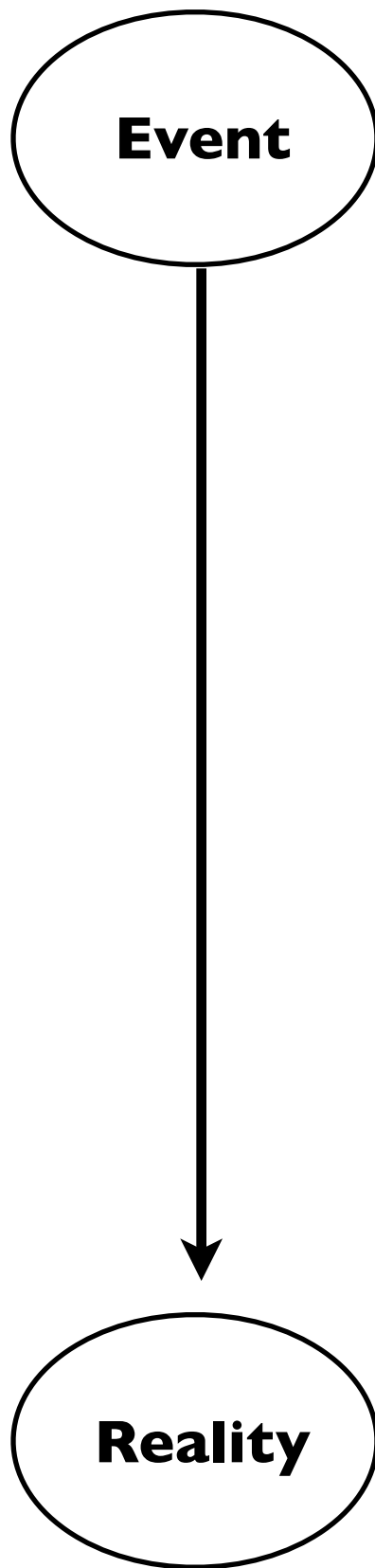


Figure 1

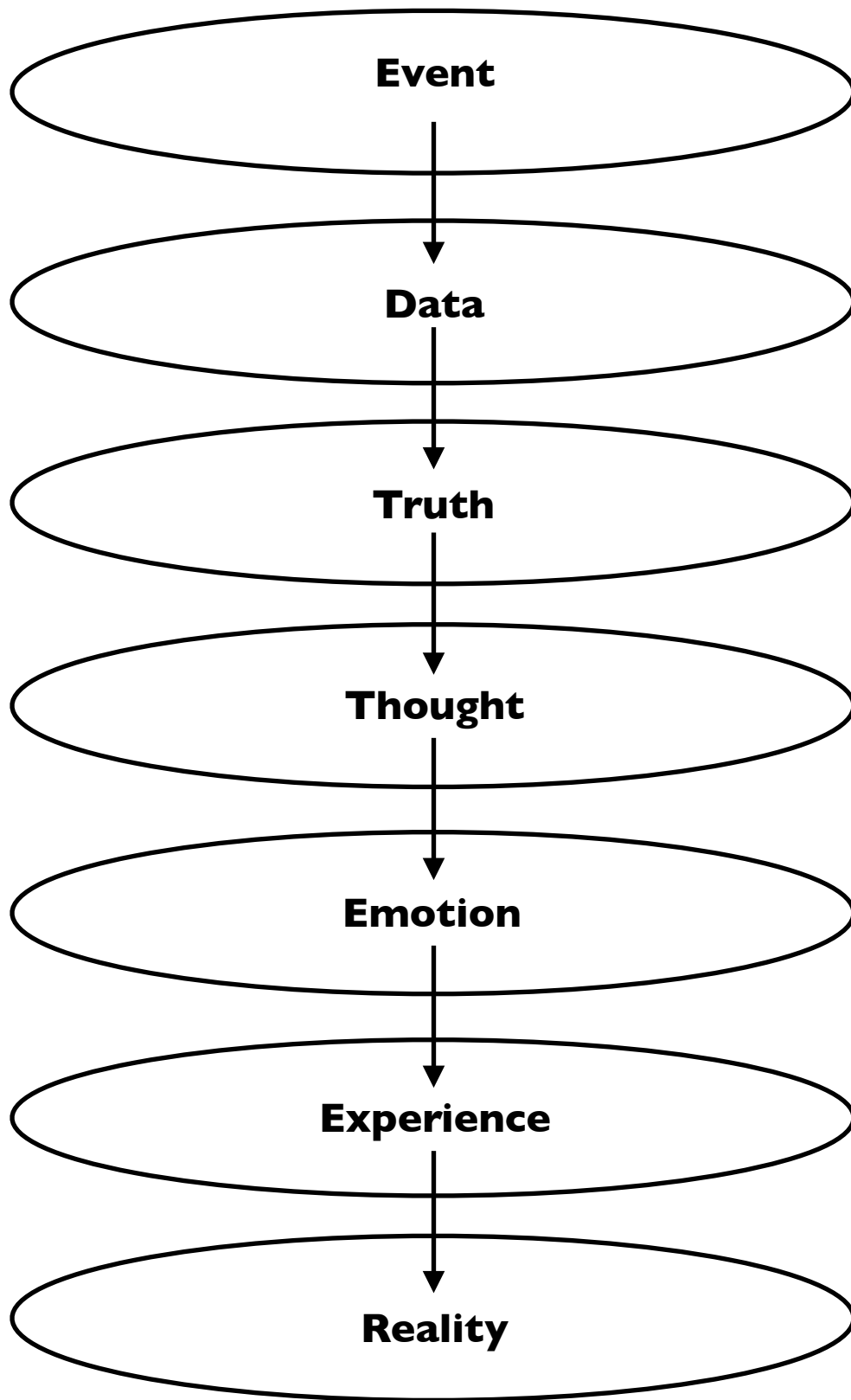


Figure 2

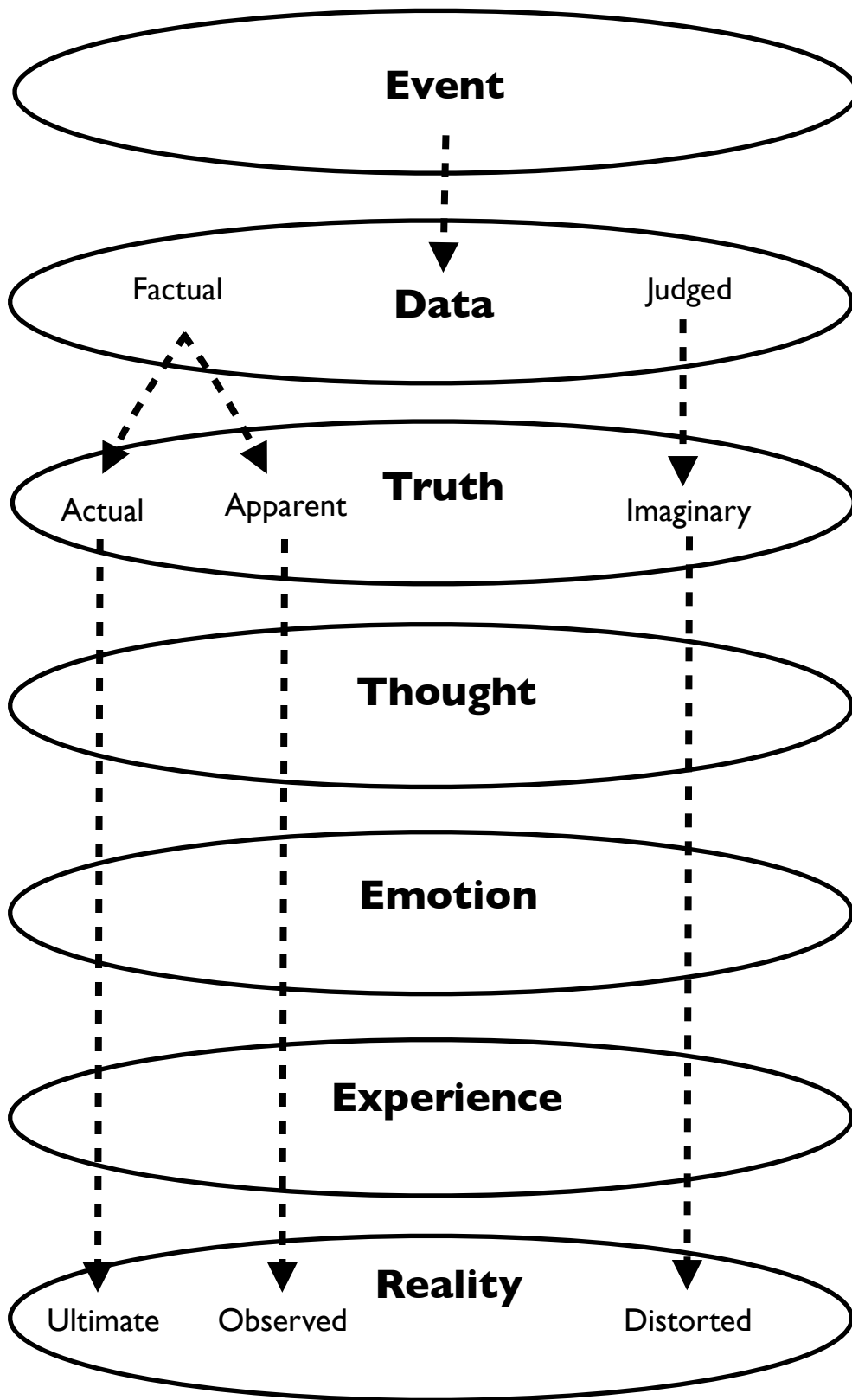


Figure 3

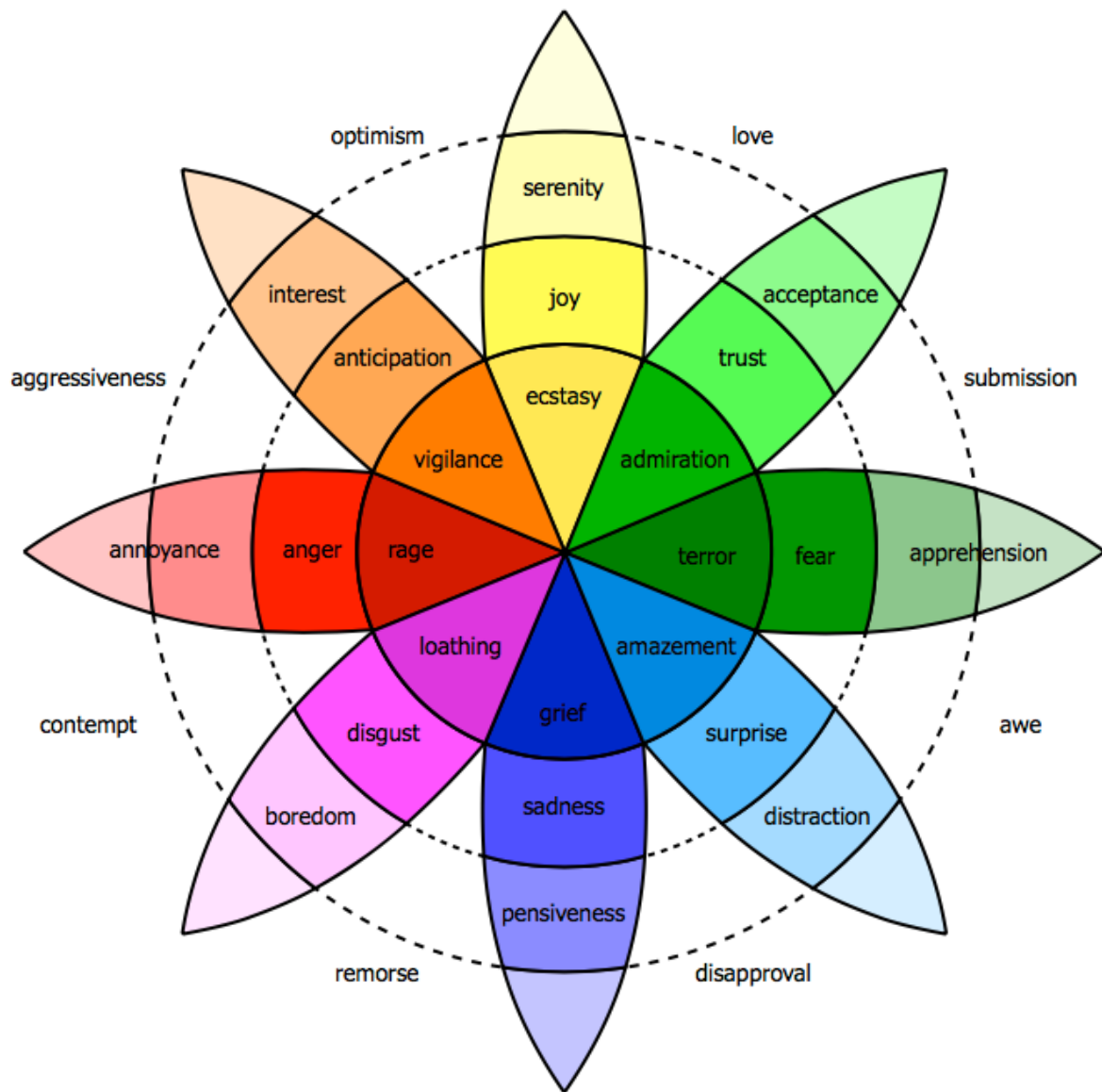


Figure 4: Wheel of Emotion

The Klein Grid

	Past (entire life up until a year ago)	Past (last 12 months)	Ideal (what you would like)
A) Sexual attraction: To whom are you sexually attracted?			
B) Sexual behavior: With whom have you actually had sex?			
C) Sexual fantasies: About whom are your sexual fantasies?			
D) Emotional preference: Who do you feel more drawn to or close to emotionally?			
E) Social preference: Which gender do you socialize with?			
F) Lifestyle preference: In which community do you like to spend your time? In which do you feel most comfortable?			
G) Self identification: How do you label yourself?			

Each of the 21 boxes should contain a value from 1 to 7, categorizing the individual's answers to the questions.

For variables A to E, the possible answers are: 1=Other sex only
 2=Other sex mostly
 3=Other sex somewhat more
 4=Both sexes
 5=Same sex somewhat more
 6=Same sex mostly
 7=Same sex only.

For variables F and G, these range from 1=Heterosexual only to 7=Homosexual only.

Table 1

Percentage That Believe Homosexuality Should be Accepted

Country	Age Group			
	18-29	30-49	50+	Total
Turkey	9	7	10	26
Egypt	3	2	3	8
Jordan	5	1	1	7
Lebanon	27	17	10	54
Palestine	5	3	—	8
Tunisia	3	2	1	6
Indonesia	4	2	3	9
Malaysia	7	10	11	28
Pakistan	2	2	2	6
Senegal	5	2	2	9

Source: “The Global Divide on Homosexuality,” Pew Research Center, June 4, 2013, www.pewglobal.org/2013/06/04/the-global-divide-on-homosexuality/.

Table 2

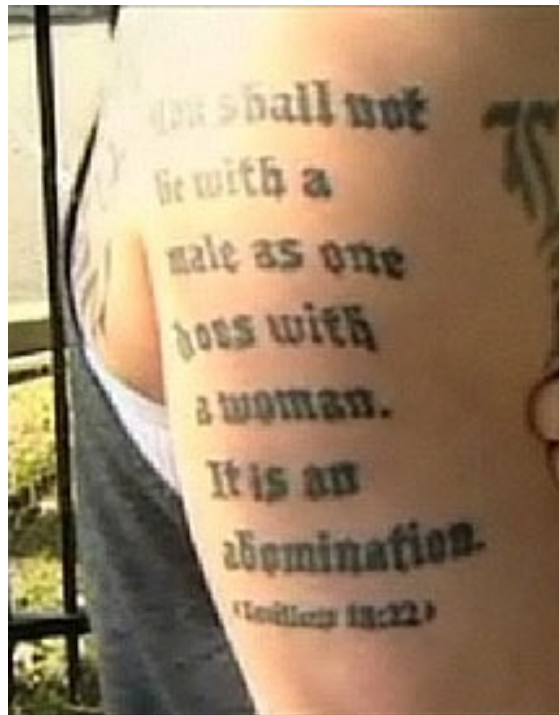


Figure 5

Appendix A: Feeling Words

Sometimes we oversimplify our feelings because we lack the vocabulary, or the words aren't coming to us at the right moment. A key part of empathy is being able to identify our own feelings. How can we possibly imagine the nuanced feelings of another if we cannot identify them in ourselves? The list on the next two pages is intended to jog your brain to consider words to describe your feelings more accurately. If the words seem to be the same to you, I encourage you to explore their definitions.

Please consider that, in your life, the difference between "bitter" and "hateful" may seem subtle, while in someone else's life they are miles apart. As an example, I used to think "jealous" and "envious" meant the same thing. These words are not synonymous with each other. Like the feeling words below, the differences could make a big impact when you learn to apply empathy.

This isn't just a semantics exercise. When you understand your feelings accurately, it helps the conversations *about* those feelings. Have you ever had the experience of having a difficult conversation, but each of you were talking past the other? ("That's not what I said," "Why are you getting so angry?" "I think you're overreacting," etc.) It's likely caused by one or both of you not being clear about your feelings. For example, disappointment can sometimes look like anger. In that situation, it helps to tell the other person, "I'm not angry with you, I'm disappointed." From that place, you can deal with why your expectations weren't met (the real issue) vs. someone feeling like they need to defend themselves from your anger (the misunderstood issue).

A list like the one below can be a real game changer in communication. Hopefully you find it as useful as I do.

Pleasant Feelings

OPEN	HAPPY	ALIVE	GOOD
Understanding	Great	Playful	Calm
Confident	Joyous	Courageous	Peaceful
Reliable	Lucky	Energetic	At ease
Easy	Fortunate	Liberated	Comfortable
Amazed	Delighted	Optimistic	Pleased
Free	Overjoyed	Provocative	Encouraged
Sympathetic	Gleeful	Impulsive	Clever
Interested	Thankful	Free	Surprised
Satisfied	Important	Frisky	Content
Receptive	Festive	Animated	Quiet
Accepting	Ecstatic	Spirited	Certain
Kind	Satisfied	Thrilled	Relaxed
	Glad	Wonderful	Serene
	Cheerful		Free and easy
	Sunny		Bright
	Merry		Blessed
	Elated		Reassured
LOVE	INTERESTED	POSITIVE	STRONG
Loving	Concerned	Eager	Impulsive
Considerate	Affected	Keen	Free
Affectionate	Fascinated	Earnest	Sure
Sensitive	Intrigued	Intent	Certain
Tender	Absorbed	Anxious	Rebellious
Devoted	Inquisitive	Inspired	Unique
Attracted	Nosy	Determined	Dynamic
Passionate	Snoopy	Excited	Tenacious
Admiration	Engrossed	Enthusiastic	Hardy
Warm	Curious	Bold	Secure
Touched		Brave	
Sympathy		Daring	
Close		Challenged	
Loved		Optimistic	
Comforted		Hopeful	
Drawn toward		Confident	

Difficult/Unpleasant Feelings

ANGRY	DEPRESSED	CONFUSED	HELPLESS
Irritated	Lousy	Upset	Incapable
Enraged	Disappointed	Doubtful	Alone
Hostile	Discouraged	Uncertain	Paralyzed
Insulting	Ashamed	Indecisive	Fatigued
Sore	Powerless	Perplexed	Useless
Annoyed	Diminished	Embarrassed	Inferior
Upset	Guilty	Hesitant	Vulnerable
Hateful	Dissatisfied	Shy	Empty
Unpleasant	Miserable	Stupefied	Forced
Offensive	Detestable	Disillusioned	Hesitant
Bitter	Repugnant	Unbelieving	Despair
Aggressive	Despicable	Skeptical	Frustrated
Resentful	Disgusting	Distrustful	Distressed
Inflamed	Abominable	Misgiving	Woeful
Provoked	Terrible	Lost	Pathetic
Incensed	In despair	Unsure	Tragic
Infuriated	Sulky	Uneasy	In a stew
Cross	Bad	Pessimistic	Dominated
Worked up	A sense of loss	Tense	
Boiling			
Fuming			
Indignant			
INDIFFERENT	AFRAID	HURT	SAD
Insensitive	Fearful	Crushed	Tearful
Dull	Terrified	Tormented	Sorrowful
Nonchalant	Suspicious	Deprived	Pained
Neutral	Anxious	Pained	Grief
Reserved	Alarmed	Tortured	Anguish
Weary	Panic	Dejected	Desolate
Bored	Nervous	Rejected	Desperate
Preoccupied	Scared	Injured	Pessimistic
Cold	Worried	Offended	Unhappy
Disinterested	Frightened	Afflicted	Lonely
Lifeless	Timid	Aching	Grieved
	Shaky	Victimized	Mournful
	Restless	Heartbroken	Dismayed
	Doubtful	Agonized	
	Threatened	Appalled	
	Cowardly	Humiliated	
	Quaking	Wronged	
	Menaced	Alienated	
	Wary		

Appendix B: Recommended Resources

Because the Internet stands still for no one, links expire and grow stale. I will list links to main organizations below, but links that are intended to direct you to a specific article, video, or other resource will be linked on my website, **oktobegaybook.com**. I will strive to keep the site up-to-date with current articles, quotes, links to videos, and other resources.

Dealing with Change

- *When Everything Changes, Change Everything*, by Neale Donald Walsch
- *The Power of TED*, by David Emerald
- *The Anatomy of Peace*, by The Arbinger Institute
- *Transitions: Making Sense of Life's Changes*, by William Bridges
- *Emotional Freedom: Liberate Yourself from Negative Emotions and Transform Your Life*, by Judith Orloff, M.D.

Reddit: www.reddit.com + rest of URL below

I find that the people in many of these subreddits are awesome and supportive, and the standard warnings and disclaimers still apply. You may see sexual content and profanity. Their standard policy is that Reddit is not intended for those under thirteen. Reddit is a giant community full of all kinds of people. Not everyone on Reddit is awesome, but moderated subreddits are usually pretty good about keeping things sane. When I weighed the pros vs. the cons of including these links, there was no doubt the good of connection outweighs the risk of offending anyone.

- [/r/lgbteens](http://r/lgbteens)
- [/r/comingout](http://r/comingout)
- [/r/ainbow](http://r/ainbow)
- [/r/actuallesbians](http://r/actuallesbians)
- [/r/asexuality](http://r/asexuality)
- [/r/bisexual](http://r/bisexual)
- [/r/gay](http://r/gay)
- [/r/gaymers](http://r/gaymers)
- [/r/genderqueer](http://r/genderqueer)

Bullying/Cyberbullying

- Facebook Bullying Prevention Hub: www.facebook.com/safety/bullying
- www.stopBullying.gov
- www.cyberbullying.org
- www.ryanpatrickhalligan.org; *Ryan's Story*, by John P. Halligan
- www.pacer.org/bullying

Religion

- **Christianity**

- *Gay and Okay: A Conservative Christian's Mind Change*, by John W Brown
- *Space at the Table: Conversations Between an Evangelical Theologian and His Gay Son*, by Brad and Drew Harper
- *The Children Are Free: Reexamining the Biblical Evidence on Same-Sex Relationships*, by Reverend Jeff Miner and John Tyler Connoley
- *Conversations With God*, by Neale Donald Walsch
- *Kidnapped for Christ* (Documentary; see www.kidnappedforchrist.com)
- *For the Bible Tells Me So* (Documentary; see www.forthebibletellsmeso.org)
- *The Church and the Homosexual*, by John J. McNeill

- **Hinduism**

- *Queering India: Same-Sex Love and Eroticism in Indian Culture and Society*, edited by Ruth Vanita

- **Islam**

- www.mpvusa.org/lgbtqi-resources
- www.mpvusa.org/sexuality-diversity
- *Homosexuality in Islam: Critical Reflections on Gay, Lesbian, and Transgender Muslims*, by Scott Siraj al-Haqq Kugle

- **Mormonism**

- *Latter Days*: (fictional movie)
- affirmation.org (clicking the “Find Affinity Groups” link at the bottom will take you to many additional resources).

- **General Religion**

- *Behold, I Make All Things New: What Do the Sacred Texts of Judaism, Christianity, and Islam Really Say in Regard to Human Sexuality*, edited by The Reverend Loraine Tulleken B.Th (Hons) and The Reverend JP Mokgethi-Heath B.Th (Hons)
- *Boy Erased* (Conversion therapy movie based on a true story)
- *Trevor* (Movie)

General LGBT Topics (Politics, History, and Miscellaneous)

- *The Right Side of History: 100 Years of LGBTQ Activism*, by Adrian Brooks
- *Virtually Normal*, by Andrew Sullivan
- *A Place at the Table: The Gay Individual in American Society*, by Bruce Bawer
- *Is It a Choice? Answers to the Most Frequently Asked Questions About Gay and Lesbian People*, by Eric Marcus
- *Positively Gay: New Approaches to Gay and Lesbian Life*, edited by Betty Berzon, Ph.D.

Suicide Prevention

- The Trevor Project: (Check website for the most up-to-date hours and availability for various contact methods.)
 - www.theTrevorProject.com
 - 1-866-488-7386 (24/7/365)
 - Text START to 678678 (7 days per week between noon – 1 a.m. ET and 9 a.m. – 10 p.m. PT)
 - Online chat is available on the site during same hours as texting above.
- *Reddit*: www.reddit.com [use rest of URL below]
 - /r/suicidewatch
 - /r/itgetsbetter
 - /r/lgbthavens/
 - /r/troubledteens

Support Groups and Collections of Resources

- Brandon Shire: www.brandonshire.com/lgbt-youth-organizations/
- Gay Straight Alliances (Check your school)
- Parents and Friends of Lesbians and Gays (PFLAG)
 - Search for a local chapter on www.pflag.org
- Muslims: www.mpvusa.org/lgbtqi-resources/

Transgender/Gender Identity

- GLAAD: www.glaad.org/transgender/resources
- For Parents: www.mothersoftransgenderchildren.wordpress.com

Straight but Attracted to Same-Gender Sex

- *Is My Husband Gay, Straight, or Bi?: A Guide for Women Concerned about Their Men*, by Joe Kort
- www.straightguise.com