

# THAT'S GOTTA HURT

Reflect on the following questions.

**Q:** To what degree would you say your sexual identity has been influenced by the following?

	zero degree	to some degree	a great degree
physical disability			
verbal and emotional abuse			
violent physical abuse			
sexual molestation			
rape			
incest			
you name it: _____			

**Q:** If you've been the victim of any of these wrongs, who knows about it besides you and the person or persons responsible?

- Nobody else knows.
  - If this is true, do you think it might be better to let someone in on this? What do you have to gain or lose?
  
- I have great support from people who can really do something to help.
  - If this is true, how did they find out about your need?
  - Talk about what those people do that is helpful.
  - What have you learned from them about helping people in pain?
  
- Other people know, but they couldn't—or wouldn't—do anything to help.
  - If this is true, how did they find out about your need?
  - Why do you think they couldn't or wouldn't help?
  - Describe how you feel about not getting the help you need.

**Q:** Do you think you know someone whose sexual identity has been influenced by any of the factors we're talking about here? Check all that apply.

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> physical disability | <input type="checkbox"/> verbal and emotional abuse | <input type="checkbox"/> physical abuse |
| <input type="checkbox"/> sexual molestation  | <input type="checkbox"/> rape                       | <input type="checkbox"/> incest         |
| <input type="checkbox"/> you name it: _____  |   |   |

**Q:** Do you believe you can do anything to help this person?

**Q:** As you finish this reflection, is there anything you think you need to do in response to what you've been thinking about?

- If so, what do you think you have to gain or lose by taking that next step?