

Assessing Your Homophobia

Homophobia may be defined as an unrealistic fear of, or generalized negative attitude toward, homosexual people. Homophobia may be experienced and expressed by LGBT individuals as well as by heterosexuals. The following assessment should be used for self reflection and to foster discussion.

Responses reflect your own experiences and may bring to the surface some internalized homophobia. However, answering yes to some of these questions does not necessarily mean that you are a "homophobe" or cannot learn to be a good ally. If you do answer yes to any of these questions, ask yourself why and seek out facts to clear up any misconceptions or unwarranted anxieties.

1. Do you stop yourself from doing or saying certain things because someone might think you're gay or lesbian? If yes, what things?
2. Do you ever intentionally do or say things so that people will think you're non-gay?
3. Do you believe that gays or lesbians can influence others to become homosexual? If you are non-gay, do you think a homosexual person could influence you to change your sexual orientation?
4. If you are a parent, how would you (or do you) feel about having a lesbian daughter or a gay son?
5. How would feel if you discovered that a parent, parent figure, or close family member was homosexual?
6. Are there any jobs, positions, or professions that you think LGBT people should be barred from holding or entering?
7. Would you avoid a physician whom you knew or believed to be gay or lesbian if that person were of the same gender as you?
8. If someone you care about were to say to you, "I think I'm gay," would you stop hanging around that person?
9. Would you be offended if a homosexual person of the same gender asked you on a date?
10. Have you ever laughed at or made a "queer" joke?