Assessing Personal Biases

- Do you think that lesbian, gay, bisexual, or transgender people should not hold certain jobs or social positions? If so, why?

- Have you ever stopped yourself from doing or saying something because you might be perceived as gay or lesbian?

- Have you ever stopped yourself from doing or saying something because you might be perceived as too masculine or feminine?

- How do you think you would feel if a family member came out as lesbian, gay, bisexual, or transgender?

- How do you think you would feel if an established patient suddenly came out as lesbian, gay, bisexual, or transgender?

Values and Attitudes

What are your first reactions to the following statements? How strongly do you agree or disagree and why?

- I am comfortable talking with my patients about sexual behaviors other than penile-vaginal intercourse.

- Being gay, bisexual, or lesbian is a lifestyle choice.

- I feel uncomfortable when I see two men holding hands in public.

- I would be upset if someone thought I were gay or lesbian.

- I would be uncomfortable dating someone who is bisexual.

- If a child of mine came out as transgender, I would think I did something wrong as a parent.
Exercises adapted from:


Values Clarification Questionnaire. AIDS Training Project, Seattle-King County Department of Public Health.