

UNMANAGEABILITY OF BEING GAY

Name :	Date :
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1. What does unmanageability mean to you with respect to being gay?

2. What would you identify as "social unmanageability" around being gay?
 - a. _____
 - b. _____
 - c. _____
3. Give 6 examples of how you can be clean and sober and still have unmanageable internalized homophobia?
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
 - f. _____
4. Prior to dealing with your internalized homophobia, what goals have you set for your life?
 - a. _____
 - b. _____
 - c. _____
5. Prior to dealing with your internalized homophobia, how did you try to achieve these goals?
 - a. _____
 - b. _____
 - c. _____
6. Give three examples of feelings you have tried to alter by pretending to accept yourself?
 - a. _____
 - b. _____
 - c. _____
7. How have you tried to change your image prior to treatment?

8. What crisis, besides alcoholism addiction would have eventually happened had you continued to deny all of who you are?

9. What is different about you from other people?
 - a. _____
 - b. _____
 - c. _____
10. Give fifteen (15) reasons why you should remain willing to accept yourself
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
 - f. _____
 - g. _____
 - h. _____
 - i. _____
 - j. _____
 - k. _____
 - l. _____
 - m. _____
 - n. _____