



Shame-Free Self-Inquiry: LGBTQ+

Source: *The Body Is Not An Apology*, Sonya Renee Taylor

QUESTIONS TO REFLECT ON (WITHOUT SHAME)

- How have you made cisgender & heterosexual identity the default in your life?
- Do I make assumptions about people's gender based on what they're wearing or look like?
- Do I assume people's gender without asking them, using he or she pronouns based only on my assessment?
- Do I have transgender people in my personal or professional life?
- When I meet married people, do I assume their partner is of the opposite gender?
- Do I follow, read, or watch content created by LGBTQIA+ people?
- Do I use gendered terms like "ladies and gentlemen" when speaking?
- Do I equate being a woman or a man to genital or reproductive body parts?