

This questionnaire is designed around issues related to sexual orientation and is open to those who are 18 years and over, Thank you.

The Self-Comfort Instrument

6= Strongly agree
5= Moderately agree
4= Mildly agree

3= Mildly disagree
2= Moderately disagree
1= Strongly disagree

1. I question my sexual identity	6	5	4	3	2	1
2. I am aware of my sexual attraction(s) towards some members of my sex	6	5	4	3	2	1
3. I find members of my sex more physically attractive	6	5	4	3	2	1
4. My sexual preference(s) differ from that of my friends	6	5	4	3	2	1
5. My friends respect my sexual choice(s)	6	5	4	3	2	1
6. No one is aware of my sexual preference(s)	6	5	4	3	2	1
7. I feel tormented by my sexual attraction to those of my same sex	6	5	4	3	2	1
8. My life choices are limited by my sexual preference(s)	6	5	4	3	2	1
9. My family rejects me because of my sexual preference(s)	6	5	4	3	2	1
10. Names like "faggot", "queer" do not describe who I am	6	5	4	3	2	1
11. I am able to discuss my choice(s) of sexual partner(s) with my family	6	5	4	3	2	1
12. I am able to discuss my choice(s)						

of sexual partner(s) with my friends	6	5	4	3	2	1
13. I am strengthened by my Higher Power	6	5	4	3	2	1
14. My family is aware of my sexual identity	6	5	4	3	2	1
15. I don't have to be heterosexual to be normal	6	5	4	3	2	1
16. I use drugs to help me cope with my sexual identity	6	5	4	3	2	1
17. I use alcohol to help me cope with my sexual identity	6	5	4	3	2	1
18. Hurting myself is not the solution to my sexual attraction(s)	6	5	4	3	2	1
19. My choice(s) of sexual partner(s) is completely normal	6	5	4	3	2	1
20. I am at peace with my sexual choice(s)	6	5	4	3	2	1
21. I can help others who struggle with their sexual identity	6	5	4	3	2	1
22. I am comfortable sharing personal information with my health provider(s)	6	5	4	3	2	1
23. I avoid social events because I feel uneasy	6	5	4	3	2	1
24. I am uneasy talking about my sexual partner(s) with my family	6	5	4	3	2	1

25. I have sex with strangers because of my fears	6	5	4	3	2	1
26. I feel I am judged negatively because of my sexual choice(s)	6	5	4	3	2	1
27. I am different only by someone else's rules	6	5	4	3	2	1
28. Having positive role models helps me	6	5	4	3	2	1
29. I am a responsible sexual partner	6	5	4	3	2	1
30. I like who I have become	6	5	4	3	2	1
31. My past experiences are still very painful to me	6	5	4	3	2	1
32. I socialize with those who accept me	6	5	4	3	2	1
33. I have always felt different	6	5	4	3	2	1
34. I am OK with being different	6	5	4	3	2	1
35. I am excluded from events because of my sexual choice(s)	6	5	4	3	2	1
36. I am comfortable sharing my thoughts about my sexual identity with others	6	5	4	3	2	1
37. I can be anything I want	6	5	4	3	2	1

38. I am not defined by my sexual identity	6	5	4	3	2	1
39. I look and act like everyone else, but I know I am different	6	5	4	3	2	1
40. I am accepted by my Higher Power	6	5	4	3	2	1
41. I make good choices about my health	6	5	4	3	2	1
42. I practice safe sex	6	5	4	3	2	1
43. My inclusion in activities is dependent on my sexual identity	6	5	4	3	2	1
44. I would choose not to be homosexual, if I could	6	5	4	3	2	1

Shaded items represent negative items

Thank you for completing this survey, we appreciate your honesty