Step 4 Questions Mostly about Adolescence

- Did you have any homosexual experiences in your adolescence? If so, how did you feel about them?

- Did you have any homosexual desires in your adolescence? If so, how did you feel about them?

- What were your taught about sex by your parents or other authority figures?

- What did you find out about sex on your own or from your peers?

- If you are a female, were you ever taught that men are only interested in sex? If so, how has that affected you and your behaviors?

- If you are a male, were you ever taught that your sexual performance and ‘conquests’ define your masculinity? If so, how has this affected you and your behaviors?

- Did you have friends? What kind of a friend were you?

- What interest or lack of interest did you have in school?

- How was your social life? Did you participate in sports? What were the reasons why you chose to participate or not? How did you feel about sports?
• Were you a trouble maker? If so, in what way? Did you ever destroy property?

• Did you resent leaders in your school, home or community?

• Did you resent not being the most handsome or beautiful person at school?

• Did you feel that you were a coward because you did not want to fight?

• Did you like to pick fights? Were you a bully?

• Did you feel embarrassed because others made fun of you or avoided you?

• Were you exposed to other children in gym class or the restrooms who were older than you or more developed physically?

• Did you ever feel inadequate or inferior because you were later to physically develop than others? If so, write about your feelings.

• Did you resent not being a part of the crowd? Or not being a leader? Or not being "in"?
- Were you shy or outgoing? How are you now?

- Does any person or type of person make you feel shy now?

- If you dropped out of school, explain your feelings and reasons.

- Did anything happen to you in high school that was a continuing source of shame?

- Did you parents compare you to other family members or friends? Did you resent them for wanting you to be like someone else?

- How did you get the attention of your family (e.g., pout, sulk, be a good child, have temper tantrums, act like a goofball or a dummy)?

- Did you lie? If so, do you recall what kind of lies that you told? How did you feel when you got caught lying?

- What was the most embarrassing moment of your adolescence?

- Were there other embarrassing moments in adolescence that you really remember?

- Were you jealous or envious of others?
• What was the attitude in your family about sex? How did you respond to these attitudes?

• Do you see any of the attitudes towards sex from your family forming your life now? If so, in what way?

• When was your first experience of sexual intercourse? What were your feelings and be as explicit as you can about your feelings.

• List in detail any early sexual experiences, including masturbation fantasies or activities with others of the same gender. Especially chronicle your FEELINGS about these experiences.

• Did anyone ever get pregnant (yourself or your partner) from early sexual experiences? If so, what feelings did you have and what actions did you take?

• Were you ashamed of your parents? Were they too old, too sloppy, too drunk, too high, too whatever?

• Did you have the kinds of clothes that other kids wore?

• Was there enough money for the things that you needed? If not, did you feel resentful of that? If there was did you take it for granted?

• Did it seem like other brothers or sisters got more than you did?
• Write out your feelings about money as an adolescent.

• Were you the kind of child that you would like to have?

• Were you a thief?

• Were you ever double promoted in school? If so, did you ever have trouble catching up emotionally? How did you act? Did you feel uncomfortable?

• Did you feel superior or inferior to other students?

• Were you undependable as a friend? Did you break off friendships with little explanation if something or someone more desirable came along?

• Did you pit one family member against another?

• What was the best experience that you had in adolescence?

• What was the best experience that you had in your entire life?

• What was the worst experience that you had in adolescence?
• What was the worst experience that you had in your entire life?

• What did you feel particularly uncomfortable writing about from your adolescent experiences?

• Is there anything from your adolescence that bugged you that you have not written about? If so, write about it and your feelings about it.