

**Klein Sexual Orientation Grid and
Self Assessment of Sexual Orientation**

Klein Sexual Orientation Grid

Instructions: To complete this scale, you will be choosing three numbers that represent your best description for each of three aspects of your life: your **past**, your **present**, and your **ideal**. You will be asked to assign a number for your past, present, and ideal in seven *related* but *different* areas of sexual orientation. You will choose your number ratings from a seven-point scale ranging from “heterosexual only” (1) to “gay (homosexual) only” (7). Beginning with your past, ask yourself where you fit on this scale and select the number that best describes you.

A. Sexual Attraction

Begin with your past. Ask yourself where you fit on this scale with regard to what you found sexually attractive in the past; select the number that best describes you in the past. Write this number in the corresponding box marked **Past** below.

Now, select a number that describes your present sexual attraction, using the previous one year as the time period you examine. For some people this rating will be the same as the past rating; for others it is different. Write this number in the box marked **Present**.

Now ask yourself which number you would choose to be if it were a matter of your choice. Write this last number in the box marked **Ideal**. You should now have completed the three boxes for Sexual Attraction.

Past (from early adolescence up to one year ago):	Present	Ideal (what you would choose if it were completely your choice):
Past Sexual Attraction Rating _____	Present Sexual Attraction Rating _____	Ideal Sexual Attraction Rating _____

- | | | | | | | |
|----------------|------------------|-------------------------|--------------------|------------------------|-----------------|---------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Other Sex Only | Other Sex Mostly | Other Sex Somewhat More | Both Sexes Equally | Same Sex Somewhat More | Same Sex Mostly | Same Sex Only |

B. Sexual Behavior

Here we look at actual **Sexual Behavior** as opposed to sexual attraction. With whom have you and do you have sex? As with the previous scale, choose a number for past, present, and ideal sexual behavior, then enter the numbers on the grid. Put “0” in the Past box if you have never had sex; and “0” in the Present box if you have not had sex with anyone in the past year.

Past (up to one year ago):	Present	Ideal (your choice):
Past Sexual Behavior Rating _____	Present Sexual Behavior Rating _____	Ideal Sexual Behavior Rating _____

- | | | | | | | |
|----------------|------------------|-------------------------|--------------------|------------------------|-----------------|---------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Other Sex Only | Other Sex Mostly | Other Sex Somewhat More | Both Sexes Equally | Same Sex Somewhat More | Same Sex Mostly | Same Sex Only |

C. Sexual Fantasies

The third variable is **Sexual Fantasies**. Whether they occur or occurred during masturbation, while daydreaming, as a part of our real lives or purely in our imaginations, fantasies provide insight. Rate yourself on the scale.

Past (up to one year ago):	Present	Ideal (your choice):
Past Sexual Fantasies Rating _____	Present Sexual Fantasies Rating _____	Ideal Sexual Fantasies Rating _____

- | | | | | | | |
|-------------------|---------------------|-------------------------------|-----------------------|------------------------------|--------------------|------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Other Sex
Only | Other Sex
Mostly | Other Sex
Somewhat
More | Both Sexes
Equally | Same Sex
Somewhat
More | Same Sex
Mostly | Same Sex
Only |

D. Emotional Preference

Our emotions directly influence, if not define, the actual physical act of love. Ask yourself if you love and like only the opposite sex or if you are also emotionally close to the same sex. Find out where you fit on the scale; rate yourself as with the other scales.

Past (up to one year ago):	Present	Ideal (your choice):
Past Emotional Preference Rating _____	Present Emotional Preference Rating _____	Ideal Emotional Preference Rating _____

- | | | | | | | |
|-------------------|---------------------|-------------------------------|-----------------------|------------------------------|--------------------|------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Other Sex
Only | Other Sex
Mostly | Other Sex
Somewhat
More | Both Sexes
Equally | Same Sex
Somewhat
More | Same Sex
Mostly | Same Sex
Only |

E. Social Preference

Though closely allied to emotional preference, social preference is often different. You may love only women but spend most of your social life with men. Some people, of all orientations, only socialize with their own sex, while others socialize with the opposite gender exclusively. Where are you on the scale? Choose three numbers as you have on the other scales.

Past (up to one year ago):	Present	Ideal (your choice):
Past Social Preference Rating _____	Present Social Preference Rating _____	Ideal Social Preference Rating _____

- | | | | | | | |
|-------------------|---------------------|-------------------------------|-----------------------|------------------------------|--------------------|------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Other Sex
Only | Other Sex
Mostly | Other Sex
Somewhat
More | Both Sexes
Equally | Same Sex
Somewhat
More | Same Sex
Mostly | Same Sex
Only |

F. Self Identification

Your sexual orientation self-definition is a strong variable since self-image strongly affects our thoughts and actions. In several cases, a person's present and past self-identification differs markedly from their ideal. Choose three numbers on the scale and fill in the numbers on the grid.

Past (up to one year ago):	Present	Ideal (your choice):
Past Self Identification Rating _____	Present Self Identification Rating _____	Ideal Self Identification Rating _____

1	2	3	4	5	6	7
Heterosexual Only	Heterosexual Mostly	Heterosexual Somewhat More	Heterosexual/ Gay Equally	Gay Somewhat More	Gay (Homosexual) Mostly	Gay (Homosexual) Only

G. Heterosexual/Homosexual Lifestyle

Some heterosexuals only have sex with the opposite sex but prefer to spend the majority of their time with gay people. On the other hand, homosexual or bisexual persons may prefer to live exclusively in the gay world, the heterosexual world, or even to live in both worlds. Lifestyle is the seventh variable of sexual orientation. Where do you tend to spend time and with whom? Choose three numbers as you have on the other scales and enter them on the grid.

Past (up to one year ago):	Present	Ideal (your choice):
Past Lifestyle Rating _____	Present Lifestyle Rating _____	Ideal Lifestyle Rating _____

1	2	3	4	5	6	7
Heterosexual Only	Heterosexual Mostly	Heterosexual Somewhat More	Heterosexual/ Gay Equally	Gay Somewhat More	Gay (Homosexual) Mostly	Gay (Homosexual) Only

The Sell Assessment of Sexual Orientation

I. Sexual Attractions: The following six questions are asked to assess how frequently and intensely you are sexually attracted to men and women. Consider times you had sexual fantasies, daydreams, or dreams about a man or woman, or have been sexually aroused by a man or woman.

1. During the past year, how many different men were you sexually attracted to? (circle one answer)

- | | |
|---------|----------------|
| a. None | e. 6-10 |
| b. 1 | f. 11-49 |
| c. 2 | g. 50-99 |
| d. 3-5 | h. 100 or more |

2. During the past year, on average, how often were you sexually attracted to a man? (circle one answer)

- | | |
|---------------------------------|-----------------------|
| a. Never | e. 2-3 times per week |
| b. Less than one time per month | f. 4-6 times per week |
| c. 1-3 times per month | g. Daily |
| d. 1 time per week | |

3. During the past year, the most I was sexually attracted to a man was (circle one answer)

- a. Not at all sexually attracted
- b. Slightly sexually attracted
- c. Mildly sexually attracted
- d. Moderately sexually attracted
- e. Significantly sexually attracted
- f. Very sexually attracted
- g. Extremely sexually attracted

4. During the past year, how many different women were you sexually attracted to? (circle one answer)

- | | |
|---------|----------------|
| a. None | e. 6-10 |
| b. 1 | f. 11-49 |
| c. 2 | g. 50-99 |
| d. 3-5 | h. 100 or more |

5. During the past year, on average, how often were you sexually attracted to a woman? (circle one answer)

- | | |
|---------------------------------|-----------------------|
| a. Never | e. 2-3 times per week |
| b. Less than one time per month | f. 4-6 times per week |
| c. 1-3 times per month | g. Daily |
| d. 1 time per week | |

6. During the past year, the most I was sexually attracted to a woman was (circle one answer)

- a. Not at all sexually attracted
- b. Slightly sexually attracted
- c. Mildly sexually attracted
- d. Moderately sexually attracted
- e. Significantly sexually attracted
- f. Very sexually attracted
- g. Extremely sexually attracted

II. Sexual Contact: The following four questions are asked to assess your sexual contacts. Consider times when you had contact between your body and another man or woman's body for the purpose of sexual arousal or gratification.

1. During the past year, how many different men did you have sexual contact with? (circle one answer)

- | | |
|---------|----------------|
| a. None | e. 6-10 |
| b. 1 | f. 11-49 |
| c. 2 | g. 50-99 |
| d. 3-5 | h. 100 or more |

2. During the past year, on average, how often did you have sexual contact with a man? (circle one answer)

- | | |
|---------------------------------|-----------------------|
| a. Never | e. 2-3 times per week |
| b. Less than one time per month | f. 4-6 times per week |
| c. 1-3 times per month | g. Daily |
| d. 1 time per week | |

3. During the past year, how many different women did you have sexual contact with? (circle one answer)

- | | |
|---------|----------------|
| a. None | e. 6-10 |
| b. 1 | f. 11-49 |
| c. 2 | g. 50-99 |
| d. 3-5 | h. 100 or more |

4. During the past year, on average, how often did you have sexual contact with a woman? (circle one answer)

- | | |
|---------------------------------|-----------------------|
| a. Never | e. 2-3 times per week |
| b. Less than one time per month | f. 4-6 times per week |
| c. 1-3 times per month | g. Daily |
| d. 1 time per week | |

III. Sexual Identity: The following two questions are asked to assess your sexual identity.

1. I consider myself (circle one answer)

- | | |
|--------------------------|-----------------------------|
| a. Not at all homosexual | e. Significantly homosexual |
| b. Slightly homosexual | f. Very homosexual |

- c. Mildly homosexual
- d. Moderately homosexual

g. Extremely homosexual

2. I consider myself (circle one answer)

- a. Not at all heterosexual
- b. Slightly heterosexual
- c. Mildly heterosexual
- d. Moderately heterosexual

- e. Significantly heterosexual
- f. Very heterosexual
- g. Extremely heterosexual