

## **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 you 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 your 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.*