**Initial Questions:**

* You listed your name as \_\_\_\_, are there any other names you go by?
* What pronouns do you use?

If they provide multiple pronouns:

* Do you have a preference for which pronouns I use in my documentation?
  + When multiple pronouns are used by a client, many providers automatically default to the pronouns that are conventionally associated with the client's sex assigned at birth. It is not uncommon for clients to actually prefer different pronouns and only include those they were assigned because of societal pressure and fear or rejection.

For both of these initial questions, if different from what record reflects or from what they wrote on intake paperwork:

* Are you comfortable with me changing your medical file to reflect this? If you want me to change this at any point in the future, please don’t hesitate to let me know and I’ll be happy to make the adjustment.
* We strive to be supportive of all identities here, but sometimes errors are made. If you ever experience misgendering (or \_\_\_\_), please don’t hesitate to let me know and I can help you figure out how you want to navigate this to help reduce any further harm.
  + Let them know who else can and cannot see these changes in their records, such as other therapists, medical providers, administrative staff. Some systems automatically send out messages with legal name - note this in advance so client is not unexpectedly dead named, etc.

**Referrals**

If referring out, communicating with other providers outside of the clinic, and when filling out ROI –

* Not everyone is out to all providers and I want to protect your autonomy, what name and pronouns would you like me to use when communicating with this provider?

**Talking About Gender**

* What is your current gender? OR You indicated that you are….

**If cis, verify that info on forms is correct but may include some questions if time allows:**

* People understand gender in so many different ways, whether it is related to masculinity and femininity, gender roles or family/cultural expectations, is this an area that you’ve ever had difficulty navigating? how have you navigated these?

**If they identify as TGD or are questioning:**

* To what extent have you been able to explore this identity?
* What does \_\_\_ identity mean to you?
* In what ways do you hope to explore it in the future? Is this something you want to incorporate in our work together?
* Do you have community or others who have supported your exploration? Who do you go to with concerns about this?
* Oftentimes we have to explore multiple identities before coming into our current identity, are there any parts of your exploration before this point that might be helpful for me to understand?
* I saw you indicated being (insert religion here). Sometimes religion can be a powerful way to affirm gender and other times it can be used as a way to oppress gender. How has it been for you to navigate your gender through the lens of your religion?
* In some cultures, races, or ethnicities, being (use their gender identity) is celebrated while in others it can be punished. I’d love to hear if this has been relevant for you or if you’ve had a different experience.
* Not all trans/non-binary/gender diverse (use the language they used) experience dysphoria but I find it helpful to check in about this to see if it is an experience you have had?
* Similarly, not all people desire medical or social transition. Is this something that you have explored or are interested in? How can I best support you in this?

**Coming out**

* How out are you?
* Do you have desire to change this or are you comfortable with your current level of “outness”?
* What have your experiences of coming out looked like?
* It is often adaptive and helpful for people to conceal parts of their identity in certain spaces, how has this looked for you?
* What is your family’s understanding of your gender/sexuality?
* Is this something that you have a desire to change or feel you might need support around?

**Trans Joy/Gender Euphoria**

* What gives you gender euphoria?
* Who/what are most affirming for you?
* Do you have access to these things when you feel distressed or overwhelmed?
* Are there any other resources I can offer you related to gender that might be supportive?

**Discrimination**

If they have been in therapy in the past:

* It is not uncommon for LGBTQ people to have negative experiences with past providers or to have to educate their providers in order to get access to the care they need, is this something you have experienced in the past?
* Are there any other forms of discrimination, rejection, non-acceptance, or violence that you have experienced related to your identities?
* Similar questions can be used for sexual orientation. Sometimes these two become part of a bigger conversation around identity.