



# Developmental Models

## Troiden's Model

1. **Sensitization:** Adolescent feels different from others; may exhibit some cross-gender behaviors; tries to hide differences from others.
2. **Identity Confusion:** Typically occurs in late adolescence; try to hide feelings one has for same gender; dates persons of other gender as a way to pass; denial, avoidance, and tries to repair oneself.
3. **Identity Assumption:** Seeking connections with others in the gay community, or identify themselves as gay.
4. **Commitment:** Sexual orientation is integrated into the larger sense of self; begin to establish relationships with other gay persons.

## Cass' Model

1. **Identity Confusion:** Not sure if gay or not, a growing awareness of being different.
2. **Identity Comparison:** Gathering information, and establishing contact with persons who are gay.
3. **Identity Tolerance:** Probably am gay, but I am not sure that I want to be.
4. **Identity Acceptance:** Begin to feel validated; experiences conflict with heterosexist attitudes.
5. **Identity Pride:** Pride in one's sexual orientation, begins to experience a sense of belonging.
6. **Identity Synthesis:** One's sexual orientation becomes integrated in with other parts of one's personality.