The Klein Sexual Orientation Grid
(Modified)

The Klein Sexual Orientation Grid (or KSOG) is a system for describing a person's sexual orientation in a way more detailed and informative than previous methods. It was introduced by Dr. Fritz Klein (1932-2006) in his 1978 book The Bisexual Option. It captures more nuance and complexity than the familiar, one-dimensional Kinsey Scale.

The KSOG was published in an academic journal in 1985. In 2009, Debra L. Moore used slightly modified language for the KSOG to improve readability. The Klein Sexual Orientation Grid, as modified by Moore, is shown below.

For each person, it sets out seven component variables of sexual orientation. These variables are assessed at three different time periods: the person's past, their present, and their ideal future. The person then receives a rating from 1 to 7 for each of the 21 resulting combinations.

For each of the following 7 variables, you are asked to rate yourself for each of the three aspects of your life: your past (defined as age 16 through one year ago), your present (defined as the past year), and your ideal (defined as what you would choose to be now if it were a matter of choice).
For Variables I – V, use the following rating scale to rate yourself:

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<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Other sex only</td>
<td>Other sex mostly</td>
<td>Other sex somewhat more</td>
<td>Both sexes equally</td>
<td>Same sex somewhat more</td>
<td>Same sex mostly</td>
<td>Same sex only</td>
</tr>
</tbody>
</table>

I. **Sexual Attraction** – To whom are you sexually attracted?

A. **Past** (age 16 through 1 year ago). Circle one.
B. **Present** (during the past year). Circle one.
C. **Ideal** (what you would choose now if it were a matter of choice). Circle one.

II. **Sexual Behavior** – Here we look at actual behavior as opposed to sexual attraction. With whom do you have sexual relationships?

A. **Past** (age 16 through 1 year ago). Circle one.
B. **Present** (during the past year). Circle one.
C. **Ideal** (what you would choose now if it were a matter of choice). Circle one.

III. **Sexual Fantasies** – Whether they occur while daydreaming, during masturbation, as a part of our real lives, or purely in our imagination, fantasies provide insight. About whom do you have sexual fantasies?

A. **Past** (age 16 through 1 year ago). Circle one.
B. **Present** (during the past year). Circle one.
C. **Ideal** (what you would choose now if it were a matter of choice). Circle one.

IV. **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. Where are you on the scale?

A. **Past** (age 16 through 1 year ago). Circle one.
B. **Present** (during the past year). Circle one.
C. **Ideal** (what you would choose now if it were a matter of choice). Circle one.
V. **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 sex exclusively. Where are you on the scale?

A. **Past** (age 16 through 1 year ago). Circle one. 1 2 3 4 5 6 7
B. **Present** (during the past year). Circle one. 1 2 3 4 5 6 7
C. **Ideal** (what you would choose now if it were a matter of choice). Circle one. 1 2 3 4 5 6 7

For Variables VI – VII, use the following rating scale:

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<tr>
<th></th>
<th>1</th>
<th>2</th>
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<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Heterosexual only</td>
<td>Heterosexual mostly</td>
<td>Heterosexual somewhat more</td>
<td>Heterosexual/Gay-Lesbian equally</td>
<td>Gay/Lesbian somewhat more</td>
<td>Gay/Lesbian mostly</td>
<td>Gay/Lesbian only</td>
</tr>
</tbody>
</table>

VI. **Heterosexual/Gay-Lesbian Lifestyle** – Some heterosexuals only have sex with the opposite sex but prefer to spend the majority of their time with gay/lesbian people. On the other hand, gay/lesbian or bisexual persons may prefer to live exclusively in the gay/lesbian world, the heterosexual world, or even to live in both worlds. Where do you tend to spend time and with whom?

A. **Past** (age 16 through 1 year ago). Circle one. 1 2 3 4 5 6 7
B. **Present** (during the past year). Circle one. 1 2 3 4 5 6 7
C. **Ideal** (what you would choose now if it were a matter of choice). Circle one. 1 2 3 4 5 6 7

VII. **Self-Identification** – Your sexual self-definition is a strong variable since self-image strongly affects our thoughts and actions. In some cases, a person’s present and past self-identification differ markedly from their ideal. Where are you on the scale?

A. **Past** (age 16 through 1 year ago). Circle one. 1 2 3 4 5 6 7
B. **Present** (during the past year). Circle one. 1 2 3 4 5 6 7
C. **Ideal** (what you would choose now if it were a matter of choice). Circle one. 1 2 3 4 5 6 7
Note that the Klein Sexual Orientation Grid takes into consideration the fact that many people change their orientation over time. Where a person is today is not necessarily where she or he was in the past—or, for that matter, where he or she will be or would like to be in the future. The concept of sexual orientation as an ongoing dynamic process is necessary if we are to understand a person's orientation properly in its entirety. A more detailed explanation is found in Chapter 2 of Dr. Klein's book "The Bisexual Option."

Please note that although it is entirely possible for an individual to utilize the Klein Sexual Orientation Grid for the purposes of better determining self identification through a process of self assessment, if you are in the process of coming out as bisexual, the best option is to seek the guidance of a professional therapist who understands bisexuality.

References


American Institute of Bisexuality, Inc. is a 501(c)(3) charity. www.bisexual.org