



44 SELF-REFLECTING QUESTIONS TO UNRAVEL YOUR SEXUALITY

BY PETRIA LEGGO-FIELD

These aren't just questions...

It's your chance to have a heart-to-heart with yourself, especially when navigating those tricky emotions.

Think of it as a secure haven where you can spill out those tough feelings, the ones that might feel like a tongue-twister when spoken aloud. It's like your own emotion gym, helping you flex those mental muscles and work through thoughts that might be a bit tangled.

For me, having this personal space to dig into my emotions and put words to my feelings was a game-changer. It disarmed my fear, turning me from a girl desperate to keep it all inside into a woman who's found strength in her voice, solid ground in her identity, and a deep well of self-love.

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INTRODUCTION

Hi, I'm Petria

Let me introduce myself. I'm a 38-year-old mum to four incredible kids, aged 15, 8, 6, and 4. Life recently threw me a curveball, and I embraced my true identity as a late bloomer lesbian. This journey led to the end of a 14-year relationship, including 7 years of marriage to my husband.

My heart wrestled with so much on this journey—compulsory heterosexuality, the looming impact on my children, the potential hurt for my male partner, the fear of navigating solo parenting, juggling the financial puzzle, and contemplating the vast changes my life would undergo.

The "easier" path would have been to stick to what I've always known, keeping silent. But that would have meant abandoning my true self.

I've played that card of silencing my authentic self once during motherhood, and I knew in my heart I couldn't do it again.

And that brings you up to today...

In the midst of this personal transformation, I discovered the courage to share my story on social media.

My goal is simple: to inspire and empower other women to make brave choices and embrace their genuine selves, no matter what age they are.

It's a journey of authenticity, vulnerability, and hope.

Petria x



A NEW CHAPTER:

Finding Your True Colours in Midlife

1. When do you feel like your most authentic self?
2. When, if ever, have you experienced sexual flow?
3. Do you find love in your relationship with your male partner, yet experience a sense of restlessness, unfulfillment, or the need to conceal your true self? While you appreciate him as a friend, there's a lingering feeling that something essential is absent in your life.
4. What words or images come to mind when you hear the term "gay"? ("Lesbian?" "Bisexual?" "Asexual?")
5. If a woman flirted and expressed attraction toward you, how would you feel? Would it feel amazing and you would love her to make the move, would you be curious and want to get to know her better?
6. In what ways do you imagine your life would change if you were more involved with LGBTQ2S+ people? How would it stay the same?
7. Are you choosing to stay in your relationship with a male partner because you're afraid of how he, others, or your family might react if you decide to leave and embrace your true self? Thoughts such as "I can't lose him" or "My family might disapprove if I come out and end the relationship" might be impacting your choices

A NEW CHAPTER:

8. How does my body react when I see queer-themed scenes in movies or TV shows?
9. Have you ever had thoughts of being with a woman while in a relationship with your guy? Like, mentally, emotionally, or even physically? Whether it's daydreams, deep emotional connections, or more intimate moments with another woman while you're with him.
10. Regardless of gender or appearance, what helps you feel most connected with a romantic or sexual partner?
11. Have you ever gotten "butterflies" around a girl before? It could be with all girls, it could be with just one specific girl or maybe you've just felt nervous, but wouldn't necessarily call it butterflies?
12. What does "Love is love is love" mean to you?
13. Do you find yourself steering clear of intimacy with your male partner, maybe even dreading the idea of it? Have you ever caught yourself thinking, "Well, this is just how it goes. Eventually, women lose interest in being intimate with their male partners, right?"
14. How do you trust yourself to make big decisions?
15. What practices, beliefs, and experiences are essential to your self-identity?
16. Do you worry that leaving now might make it too late to find someone else, and the fear of ending up alone holds you back?

A NEW CHAPTER:

17. Do your close female friendships ever feel intense or kind of romantic? Maybe you've had a crush on your best friend or maybe you've had that one friendship that did feel a little different.
18. What messages did you receive from family, friends, and the communities in which you live about what it means to live a "good" life with "good" relationships?
19. When you imagine a future with a guy, what do you picture? Is it something that you can't picture at all, or could you see yourself with a guy but can't really imagine what he would look like?
20. What do you imagine are the hardest parts of living as an openly LGBTQ2s+ person? What would be the best?
21. What would you need to change in your life in order to consider options beyond heterosexual relationships?
22. Are you staying in your relationship with a male partner due to a sense of guilt about potentially causing him hurt? Thoughts like, "He's a good man who does a lot for me. I can't bring myself to leave and cause him pain," might be crossing your mind.
23. What would it mean for you to change how you identify sexually?
24. Which parts of your current/past relationships have been performative and which parts feel genuine and pleasurable?
25. What do you imagine are the hardest parts of living as an openly LGBTQ2s+ person? What would be the best?

A NEW CHAPTER:

26. Which terms or words do you use to describe your sexual interests?

27. Are you thinking about breaking things off with your guy but worried about going solo or handling life on your own? Like, what if it's a big mistake, and he's the one bringing home the bacon? How would you manage solo?

28. How do you feel after watching or listening to queer media? Are you left feeling fulfilled, like a part of you feels seen and validated, or maybe you feel content and like you can identify with an aspect of it?

29. What kinds of thoughts do you have when you see a same-sex couple holding hands in public? Kissing?

30. Do you feel romantically attracted to guys? Maybe you are not at all interested in being in a romantic relationship with a guy, or maybe you might feel more like there could be a romantic interest in girls.

31. How do you bring compassion and kindness to those parts of yourself that make you feel uncomfortable?

32. If you could silence all the internal chatter – the fears, uncertainties, and doubts – and not be concerned about external opinions or outcomes, would you opt to step away from your male partner to embrace a relationship with a woman and live authentically?

33. Consider: "Labels are for clothes, not people."

A NEW CHAPTER:

- 34.** Are you currently compromising your own happiness by remaining in a relationship with your male partner? Is your mindset along the lines of, "I made a commitment to be with him, so I can endure this and forego being with a woman?"
- 35.** How do you embrace my authentic self – even when it differs from the expectations of others?
- 36.** Finish this sentence: "My life would be incomplete without ..."
- 37.** Do you ever dream about getting intimate with another woman? All time you say? Or just sometimes, but not exclusively?
- 38.** What three things would you most like others (loved ones, potential friends and partners, professional acquaintances, etc.) to know about you?
- 39.** Which emotions do you find hardest to accept (guilt, anger, disappointment, etc.)? How do you handle these emotions?
- 40.** Describe a choice you regret. What did you learn from it?
- 41.** What do you fear most? Have your fears changed throughout life?
- 42.** How would you feel about kissing a girl? Maybe you think that a girl is the only person you would like to kiss, or maybe you have kissed a girl and liked it or maybe you haven't done it yet but imagine that you'd like it.

A NEW CHAPTER:

42. What three things would you share with your teenage self?

43. How does it feel to be physically intimate with a guy? (Or imagine being intimate). It could be that you are 100% not into it and it's hard for you to imagine, or maybe you are fine with it but secretly you don't get what all the hype is about?

44. What three questions would you want to ask an older version of yourself?

**“It's the era of
transforming into the
person I've always
aspired to be,
all while realising she's
been here, right within
me, all along”**

Petria Leggo-Field

CONCLUSION

What do my answers mean?

While there's no checklist to fit into a specific sexual identity label, it seems like you might resonate with some common experiences shared by lesbians or women attracted to other women.

Remember, adopting the label "lesbian" doesn't prescribe a particular appearance or behaviour. You have the freedom to express yourself authentically, allowing your identity to naturally unfold over time.

The spectrum of romantic and sexual attraction is diverse, and no quiz or person should dictate how you identify. You're free to love who you love, feel what you feel, choose your identity, and be embraced for being authentically you.

For a deeper exploration of your sexuality and a supportive community, you might find solace in joining online spaces like my Facebook Group, "[The Late Blooming Lounge](#)," connecting you with kindred spirits on a similar journey.

Embrace Your Journey

Because perhaps the adventure isn't all about evolving into something new; maybe it's about shedding the layers that were never really you, so you can finally embrace the person you were meant to be from the start

- Petria Leggo-Field



Want to Connect?



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