Purpose
1. To study LGB identity formation in Christian LGB young adults.
2. To compare the assets and resources present in ex and current Christian LGB young adults.

Research has been done on resilience in LGB individuals, LGB identity formation, and Christian LGB identity formation, but little is known about the relationship between the three. This study looks to analyze these topics through the lens of resilience in order to better understand the co-existence of Christian and LGB identities within the individual.

Resilience
Resilience-based research is relatively new, having gained traction in the early 1970s. To be considered resilient, an individual must (1) experience an adverse or traumatic event that has the severe potential to impair one’s development and (2) must respond to the event by utilizing constructive skills and behaviors to deter their development’s damage. These responses are looked at in terms of assets and resources, taken from the Resilience Portfolio Model.

The Homosexual Identity Formation Model
Cass, 1983

Identity Confusion → Identity Comparison
Identity Tolerance → Identity Acceptance
Identity Pride → Identity Synthesis

The Resilience Portfolio Model
Banyard, Grych, & Hamby, 2015

Assets
Regulatory Strengths
Meaning Making Strengths
Interpersonal Strengths

Resources
Supportive Relationships
Environmental Factors
Coping Skills

Religious Identity Dissonance
Coined by Jeremy Gibbs and Jeremy Goldbach, religious identity dissonance stems from cognitive consonance and cognitive dissonance. Cognitive consonance occurs when an individual’s values and beliefs coincide with each other, while cognitive dissonance occurs when these values and beliefs are conflicting. Therefore, Religious identity dissonance refers to the identity conflict Christian LGB persons face when integrating their religious and sexual identities.

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References