As the world continues to grow and develop, so do the thoughts and challenges that mankind face. Age old debates on social identity are being challenged nowadays giving minorities a new sense of belonging, which is vital for a society to function.

The human brain uses several methods to perceive and get a better understanding of the world. Through categorization we are able to draw distinctions between ourselves and others, this is done to cope with the vast complexity of the universe. ( use1stsource) This basic human skill may enhance perception of similarity and distinction between groups which leads to generalized opinions and stereotypes about certain people. After categorizing people and groups the brain instinctively starts to look for the groups that they fit in, and due to the strong influence of surroundings and effect of categorization often humans adjust themselves in order to fit into a label rather than having a personalized sense of identity. Humans constantly need to feel like they belong in order to be contempt and fulfilled, validation from others is how they achieve that feeling. Seeking validation from a categorized group is one way to go, and in order to do that one must imitate that group. This can be applied to everything from political views to sexual orientation. Personally growing up in an Arabic country in a religious and cultured household shaped my views and thoughts about myself and others from all types of categories. Moving to Denmark in during my early adolescent years I was suddenly subjected to a world of new categories and diversity which left me lost and perplexed. Deep discussions with classmates and friends throughout the years led me to walk downs paths that I never thought I would cross. This caused me to have a paradigm shift and try to seek my own truth. The thoughts and words from family and members of different societies are engraved into the back of my mind and are undoubtedly big factors in the making of my social identity.

Depictions of people with different sexual orientations dates back to carvings from over 10,000 years ago, yet nowadays many people still have problems with people that are not ‘heterosexual’. The term heterosexual is so fragile that in 1901 Dorlands Medical Dictionary defined heterosexual “abnormal or perverted appetite towards the opposite sex” and it wasn’t until 1934 that it became the meaning we know today. (link) Religion plays a major role in deciding the sexual orientation for people. Studies show that members of LGB community that believe or are surrounded by religious beliefs inflict negative self messages leading them into depression, anxiety and causing other mental health issues. (Link) Living in denial for many people is easier due to the bullying they will have to tolerate, it can even go as far as costing someone their family. The social stigma around sexual orientation stemmed from religion. Categorization and distinction between sexual orientation in humans did not always exist and therefore for a time one could have had any sexual orientation he/she pleases without having to worry about peer judgement. It was only when active thought on the topic led people to categorize and differentiate between different members of the society, and what their sexual preferences mean, thus creating the problem of the LGB today.

Growing up in Egypt, a Muslim country greatly influenced my sexual orientation at the time. I never gave my sexual orientation a thought, I was looking to fit in so I assumed to be a heterosexual like all others around me. After leaving and experiencing a clash of 2 cultures and sets of ideas at a young age I become very sad and confused, but eager to experiment with different ideas. For a long time, I developed my own opinions and thoughts and throughout the years. These ideas and thoughts running through my mind were not the ones my family and friends wanted me to be thinking about, causing me to develop anxiety and depression. I made a choice to suppress my feelings, and since I no longer felt like I belong anywhere I did what many other lost teenagers do, drugs and alcohol. Unsurprisingly for the first time in a long time I felt like I was surrounded by a community that I can belong and fit in. These are signs resulting of social-exclusion, which are a negatively impacted mood, self esteem, and prolonged exclusion can have serious consequences on the human psyche. (lastlink)

I took my time to eventually realise my poor choices and have since then turned my life around but continue to explore the topic of sexual orientation.

Categorization plays a vital role in the way we perceive the world. Religious beliefs have intertwined with the cultural beliefs forcing an opinion in everybody’s brain. Identifying people with similar ideas and thoughts and surrounding oneself with those people can lead to the feeling of belonging we all desire.

Word count: 820

(categorize,belongness,paradigm shift)

1: We all categroize ourself to help understand ourselves and the world

we all seek were we belong in this world and have a sense of wanting to belong and belonging can bring us closer to happiness

my thoughts and views on topic has been shaped strongly from peers and religion leading to experimentation and research

200

(new world problem(categroizing came to this), religion influence)

Categoriz

2:

religion has a negative impact on the psycology of the community peers as well

invention of heterosexuality making this a new world problem

200

(not alone)

3:

the religion aspect of this forced me to do more research and the more I did the more I understood the history of it all and how I can apply previous findings on to my life. Sense of not alone

<http://research.pomona.edu/sci/files/2013/08/Dovidio-Social-Identities-and-Social-Context.pdf>

categorization

theories

sexual ortientation- religion ;influence identity intergroup what kind of influences

<https://www.bbc.com/future/article/20170315-the-invention-of-heterosexuality>

invention of heterosexuality- its definition changed, long time ago there was no such thing, society and religion

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3828207/>

religion/peer effect on mind and sexuality and stressors

negative sexual identity

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4685518/>

the need to belong and what it does on psycology

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4685518/>