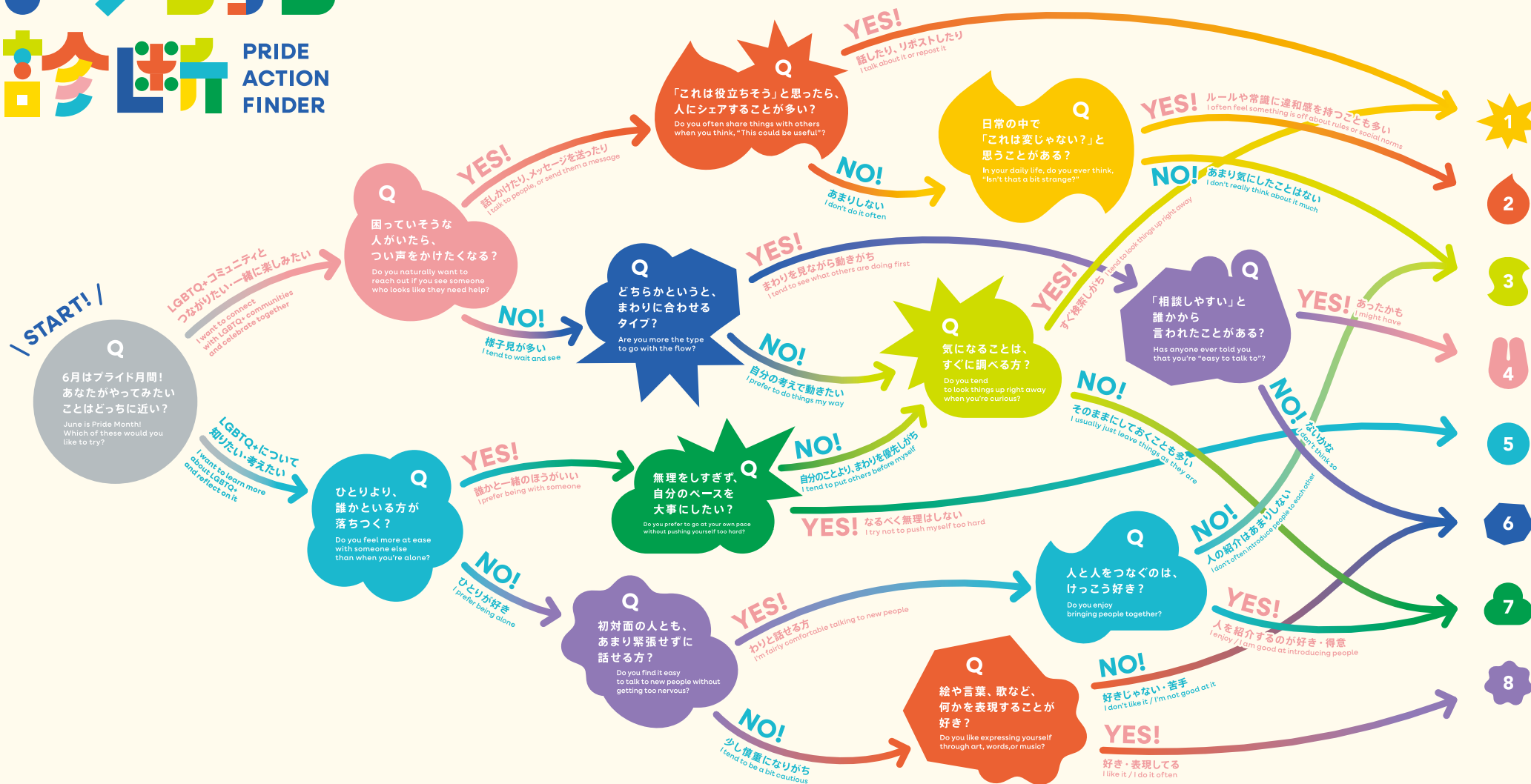




RESULT TYPES 診断結果

🔍 拡大縮小しながらご覧ください

1 NAVIGATOR ナビゲーター



知識は、道を照らす光。

自分が得た知識や気づきを、誰かへと手渡せるあなた。「これは役立ちかも」という気持ちと行動が、誰かの安心や理解の入口になるはず。あなたが照らした道を、たくさんの人が通んでいくことでしょう。

Knowledge is the light that illuminates the way. You are someone who can pass on the knowledge and insights you've gained to others. "This might be useful!" Such thoughts and actions are sure to become a guiding, illuminating force of your own understanding. Many will follow the path you have illuminated.

- おすすめのアクション Recommended Actions**
- 1 「優礼／優女」→「友人／パートナー」など、他の方法や新しい方法に積極的に挑戦してみる
To using grandparental terms, such as changing "bunshō" to "yūmei" or "yūmei".
 - 2 SNSで「これ、わかるはずだった」といふことと裏返して、知識を誰かにシェアしてみる
To sharing what you know with others with a question mark. "This was only to be expected!"
 - 3 LGBTQに関する知識を「こんな話がある」と前置きして伝える
To mention that knowledge about LGBTQ topics in conversations to help people feel more comfortable.
 - 4 友人や知人との会話でLGBTQに関する話題が来たとき、信頼できる情報や記事を紹介してみる
When LGBTQ issues come up in conversations with friends or colleagues, by sharing reliable information or articles.
 - 5 LGBTQに関する情報や知識を誰かに伝えてあげて、必要な人に役立つように伝える
To help others understand and support themselves by sharing what you know about LGBTQ topics.

5 SELF-CARER セルフケアラー



あなたが笑えば、まわりも笑う。

自分自身を大切にできるあなたは、しなやかな強さを持つ人。無理をせず、自分のペースで学びながら、身近な人や情報、場との関わり方を自分らしく選んでいくはず。その安定感が、まわりにも安心感を広げていでしょう。

When you smile, the people around you smile too. You possess a resilient strength because you know how to take yourself. You can choose your own unique way of engaging with the people, information, and spaces around you. Meeting up your own pace without pushing yourself too hard. That sense of stability will spread a feeling of security to those around you.

- おすすめのアクション Recommended Actions**
- 1 自分なりのペースで学ぶ情報や知識(本やSNSアカウントなど)を見つけ出して、周囲の人と共有してみる
To find information or knowledge that you can share with others in a way that works for you.
 - 2 気になる本や情報源とつづき、自分のペースで読みながら学び続ける
To keep reading or watching what interests you at your own pace.
 - 3 SNSで受け取った情報に頼る情報の中から、安心し得るようなものを選んで読んでみる
To choose from the information you receive on social media, choose and read what you feel comfortable with.
 - 4 LGBTQに関して不安や心配を抱えているときは、まずは受け止めて、どう受け止めるかを考えてみる
To accept your feelings about LGBTQ issues and think about how you want to feel about them.
 - 5 信頼できる人から聞いた話や情報を聞いて、自分のペースで覚える
To listen to what others have said and learn at your own pace.

2 CHANGER チェンジャー



その違和感は、未来のタネ。

日常の「おや?」を見逃さずに気づけるって、実は大切な力。あなたはその持ち主です。違和感は、これまでの当たり前を更新するきっかけ。日々の小さな気づきで、これからの景色が少しずつ変わっていきます。

That feeling something is off is a seed for the future. The ability to notice the everyday "what?" moment without letting them slip by is actually a valuable strength. You possess this strength. Noticing when something feels off is an opportunity to update what we consider "normal." Through small daily realizations, the world around us will gradually change.

- おすすめのアクション Recommended Actions**
- 1 違和感を持った「少し気になる」と感じる人に気づかせる
To letting others know about your feelings by saying, "This feeling is weird, isn't it?"
 - 2 SNSで日常の出来事の中で「これ、どうなの?」と気づかせる機会をみんなと共有してみる
To sharing what you feel about your daily life with others.
 - 3 「僕だから／彼女だから」といった決めつけに気づかせること、その場で違和感がある、と伝える
To letting others know about your feelings by saying, "I feel like this is weird" or "I feel like this is weird."
 - 4 ユーザーや知人に違和感があるときは、「どう変えたらよさそうか」と提案してみる
To letting others know about your feelings by saying, "I feel like this is weird" or "I feel like this is weird."
 - 5 違和感のない世界で、LGBTQ+に関する言葉や取り組みを大切に伝える
To letting others know about your feelings by saying, "I feel like this is weird" or "I feel like this is weird."

6 GUARDIAN ガーディアン



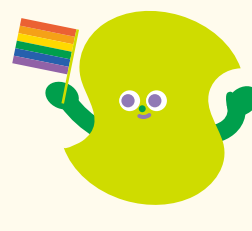
安全地帯という、贈りもの。

無理にふみ込まず、ちょうどいい距離感を保てるあなた。その場にいる人が過ごしやすいうちに、自然と空気を整えていることに気づいていましたか? 誰もが自分らしくいられる場を、これからも守り続けてください。

The gift of a safe space. You know how to maintain just the right distance without being intrusive. Here you, instead, feel, you naturally create an atmosphere where everyone feels that comfortable. Please continue to protect spaces where everyone can be their true selves.

- おすすめのアクション Recommended Actions**
- 1 違和感のない世界や場を築くには、周囲の人に気づかせる
To letting others know about your feelings by saying, "I feel like this is weird" or "I feel like this is weird."
 - 2 LGBTQ+に関する話題で不安な人、不安な人へのサポートをする
To letting others know about your feelings by saying, "I feel like this is weird" or "I feel like this is weird."
 - 3 違和感のない世界で、LGBTQ+に関する言葉や取り組みを大切に伝える
To letting others know about your feelings by saying, "I feel like this is weird" or "I feel like this is weird."
 - 4 違和感のない世界で、LGBTQ+に関する言葉や取り組みを大切に伝える
To letting others know about your feelings by saying, "I feel like this is weird" or "I feel like this is weird."
 - 5 LGBTQ+に関する話題で不安な人、不安な人へのサポートをする
To letting others know about your feelings by saying, "I feel like this is weird" or "I feel like this is weird."

3 SUPPORTER サポーター



小さな支えが、大きく動かす。

あなたは、誰かの変化やとまどいに気づいて、そっと手助けできる人。前に出過ぎず、でも見過ごさない。その支えが、目の前の人だけでなく、社会を少しずつ変えていく力になっていきます。

Small acts of support create big movement. You are someone who notices others' changes or confusion and can gently lend a hand. Not overly assertive, but never overlooking it. Your support will become a force that gradually changes not just the person in front of you, but society as a whole.

- おすすめのアクション Recommended Actions**
- 1 SNSや日常の会話の中で、LGBTQ+を尊重する言葉や行動を伝えていく
To consistently sharing your support and respect for the LGBTQ+ community in conversations.
 - 2 ライトや声援などのタイミングで、サインやグッズを身につけてステータスを示してみる
To using light or sound to show your support and what you stand for.
 - 3 LGBTQ+の話題で不安定な人が出たときは、話題を切り替え、反応を促してみる
To changing the topic or asking the person about the LGBTQ+ topic.
 - 4 LGBTQ+に関する情報や知識を誰かに伝えてあげて、必要な人に役立つように伝える
To letting others know about your feelings by saying, "I feel like this is weird" or "I feel like this is weird."
 - 5 LGBTQ+に関する情報や知識を誰かに伝えてあげて、必要な人に役立つように伝える
To letting others know about your feelings by saying, "I feel like this is weird" or "I feel like this is weird."

7 HOST ホスト



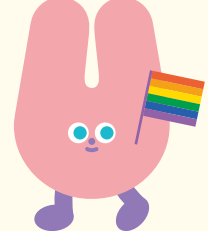
いいことは、いい場所で起こる。

誰もが「ここにいていい」と思える場をつくれるあなた。無理に越さなくても心地いい空気感は、さりげなく気づかれています。こそ、きっとそんな場から、いい出会いや変化が生まれます。

Good things happen in good places. You are someone who can create spaces where everyone feels they belong. A comfortable atmosphere where no one feels forced to talk to only people through social conventions. Such a space is sure to foster wonderful encounters and positive changes.

- おすすめのアクション Recommended Actions**
- 1 違和感のない世界や場を築くには、周囲の人に気づかせる
To letting others know about your feelings by saying, "I feel like this is weird" or "I feel like this is weird."
 - 2 「優礼／優女」→「友人／パートナー」など、他の方法や新しい方法に積極的に挑戦してみる
To using grandparental terms, such as changing "bunshō" to "yūmei" or "yūmei".
 - 3 違和感のない世界で、LGBTQ+に関する言葉や取り組みを大切に伝える
To letting others know about your feelings by saying, "I feel like this is weird" or "I feel like this is weird."
 - 4 違和感のない世界で、LGBTQ+に関する言葉や取り組みを大切に伝える
To letting others know about your feelings by saying, "I feel like this is weird" or "I feel like this is weird."
 - 5 LGBTQ+に関する情報や知識を誰かに伝えてあげて、必要な人に役立つように伝える
To letting others know about your feelings by saying, "I feel like this is weird" or "I feel like this is weird."

4 LISTENER リスナー



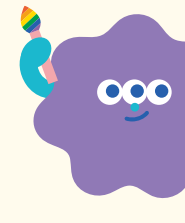
聴き方で、味方になれる。

あなたは、相手の言葉を否定せず、最後まで受け止められる人です。聴くことは、その人の時間や気持ちや大切にすること。その寄り添う姿勢が、誰もが自分らしくいられる「心の居場所」をつくっていきます。

How you listen can make you an ally. You are someone who can listen to others all the way through without dismissing their words. To listen is to value the other person's time and feelings. This compassionate approach creates a "safe space" where everyone can be their true selves.

- おすすめのアクション Recommended Actions**
- 1 話を聴くときは、すぐに自分の意見を伝えずに、まずは「そうなんだよ」と受け止める
To listening to someone, instead of immediately expressing your own opinion. "I see, that's how it is." "I hear you."
 - 2 カタチや声援などのタイミングで、サインやグッズを身につけてステータスを示してみる
To using light or sound to show your support and what you stand for.
 - 3 「優礼／優女」→「友人／パートナー」など、他の方法や新しい方法に積極的に挑戦してみる
To using grandparental terms, such as changing "bunshō" to "yūmei" or "yūmei".
 - 4 違和感のない世界で、LGBTQ+に関する言葉や取り組みを大切に伝える
To letting others know about your feelings by saying, "I feel like this is weird" or "I feel like this is weird."
 - 5 LGBTQ+に関する情報や知識を誰かに伝えてあげて、必要な人に役立つように伝える
To letting others know about your feelings by saying, "I feel like this is weird" or "I feel like this is weird."

8 CREATOR クリエイター



新しい世界が、カタチにされるのを待っている。

あなたは、想いをカタチにして届けられる人。これまでも表現は、世の中の視点や前提を変え、差別や偏見を少しずつ無くしてきました。あなたの表現で、自由で新しい世界を創っていきます。

A new world is waiting to take shape. You are someone who can give shape to your thoughts and share them. Creating expression has consistently shifted the world's perspective and assumptions, gradually eradicating discrimination and prejudice. Go and create a new, free world through your creative expression.

- おすすめのアクション Recommended Actions**
- 1 SNS発信や日常の中で、多様性について話し込める自分の言葉(表現)を磨いていく
To refining your own words or expression by sharing your own words or expression.
 - 2 自分の作品や発信の中で、違和感や不安な人へのサポートをする
To supporting others in your own work or expression.
 - 3 これまでの表現や作品を振り返り、無意識の前提や価値観を改めて確認してみる
To reflecting on your past work and checking for any unconscious assumptions or values.
 - 4 違和感のない世界で、LGBTQ+に関する言葉や取り組みを大切に伝える
To letting others know about your feelings by saying, "I feel like this is weird" or "I feel like this is weird."
 - 5 LGBTQ+に関する情報や知識を誰かに伝えてあげて、必要な人に役立つように伝える
To letting others know about your feelings by saying, "I feel like this is weird" or "I feel like this is weird."